

# Lagos

拍数: 32      墙数: 2      级数: High Beginner  
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音乐: Lagos - SpareNoMore



Intro: 32 counts

**SECTION 1: WIZARD STEP, MAMBO ROCK FW, MAMBO ROCK BW, STEP - STEP**

1-2&      Step diag. left with long step, step right behind left, small step fw on left  
3&4      Rock fw on right, step down on left. Step down on right  
5&6      Rock bw on left, step down on right. Step down on left.  
7-8      Step down on right. Step down on left.

**SECTION 2: HITCH RIGHT FOOT & BOUNCE LEFT HEEL X 2, SIDE – BACK – SIDE. HITCH LEFT FOOT & BOUNCE RIGHT HEEL X 2, COASTER STEP**

1-2      Lift right foot, bounce on left heel twice.  
3&4      Step down on right, left behind right, step down on right.  
5-6      Lift left foot, bounce on right heel twice.  
7&8      Step left back, step right beside left, step left forward.

**SECTION 3: STEP RIGHT ¼ TURN LEFT, WEAVE , ROCK SIDE, SAILOR STEP**

1-2      Step right to right, turn ¼ left stepping down on left beside right.  
3&4      Step right behind left, step left beside right, cross right in front of left.  
5-6      Rock left to left side, recover onto right  
7&8      Step left behind right with a small sweep, step right beside left, step down on left. (9)

**SECTION 4: STEP OUT - OUT, COASTER STEP, JAZZ BOX TURNING ¼ LEFT**

1-2      Step down on right – Step down on left ( wide apart)  
3&4      Step back on right, step left beside right, step forward on right  
5-8      Cross left over right, step down on right, turn ¼ left step down on left, step right beside left (6)