

Cameroon

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ria Vos (NL) - October 2012
音乐: Cameroon (Twisted Dee Radio) - Bebe Zahara Benet : (Album: Cameroon)



Intro: 64 Counts (± 31 sec.)

Diagonal Shuffles R-L, Skate, Skate, Diagonal Shuffle R

1&2 Shuffle Fwd to Right Diagonal Stepping R-L-R
3&4 Shuffle Fwd to Left Diagonal Stepping L-R-L
5-6 Skate Fwd R-L
7&8 Shuffle Fwd to Right Diagonal Stepping R-L-R

Jazz Box ¼ L, Chasse L, Rock Back

1-2 Cross L Over R, Step Back on R ¼ Turn Left
3-4 Step L to Left Side, Cross R Over L
5&6 Step L to Left Side, Step R Next to L, Step L to Left Side
7-8 Rock Back on R, Recover on L

Side-Hold (with Bumps), & Side, Together, Side Rock, Behind-Side-Fwd

1-2 Step R to Right Side, Hold (Bump Hips R-L-R on 1&2 for styling)
&3-4 Step L Next to R, Step R to Right Side, Step/Stomp L Next to R
5-6 Rock R to Right Side, Recover on L
7&8 Step R Behind L, Step L to Left Side, Step Fwd on R

Shimmy Fwd, Rock Back, Recover with Flick, Step, Pivot ½ L, Full Turn L (or Walk)

1-2 Step & Lean Fwd on L Shimmy Shoulders Fwd for 2 Counts
3-4 Rock Back on R, Recover on L with R Flicking Backwards
5-6 Step Fwd on R, Pivot ½ Turn Left
7-8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (Option: Walk Fwd R-L)

Ending: Replace ½ Turn L on count 32 with a ¼ Turn L to face the front wall, then on the last count of the music Step Fwd on R (or slightly crossed ;-)

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