

Coco Loco

拍数: 32 墙数: 4 级数: Improver - Salsa style
编舞者: John Sandham (ES) & Krys Myerscough (ES) - October 2013
音乐: La Chiqui Big Band - David Civera : (iTunes)



Lt mambo fwd. Rt mambo back. Lt mambo side. Rt mambo side.

1&2 Rock fwd on Lt-recover on Rt-step in place on Lt.
3&4 Rock back on Rt-recover on Lt-step in place on Rt.
5&6 Rock to Lt side-recover on Rt-step in place on Lt.
7&8 Rock to Rt side-recover on Lt-step Rt in place.

Lt bk mambo. Rt bk mambo. Lt bk mambo. Rt bk mambo.

1&2 Travelling bk! Rock bk on Lt-recover on rt-step slightly bk on Lt.
3&4 Rock bk on Rt-recover on Lt- step slightly bk on Rt.
5&6 7&8 Repeat on Rt & Lt (angle body to Rt & Lt As you travel back one arm fwd the other back palms up!)

Lt mambo fwd. Rt mambo bk. ½ triple turn Lt. ¼ triple turn Lt.

1&2 Rock fwd on Lt-recover on rt-step in place on Lt
3&4 Rock back on Rt-recover on Lt-step in place on Rt.
5&6 Rock fwd on Lt-recover on Rt-make a ½ turn to Lt stepping fwd on to Lt.
7&8 Step fwd on rt-pivot ¼ Lt-step fwd on Rt.

Hip walks fwd on Lt-rt-Lt. Rt-lt-rt. Lt-rt-lt. Rt-lt-Rt

1&2 Rock fwd Lt-recover on Rt-rock fwd on Lt. (push hips fwd-bk-fwd)
3&4 5&6 7&8 Repeat on Rt. Lt. Rt. (travelling fwd)

Start over!

The tags below are danced just once each then start again from the top
If danced to other Salsa music the Tags will not be relevant... JS

Tag 1: End of wall 2

Lt mambo fwd. Rt mambo Bk. Lt Rock side-rec-cross. Rt rock side-rec-1/4 Lt.

1&2 Rock fwd on Lt-recover on Rt-step in place on Lt.
3&4 Rock bk on Rt-recover on Lt-step in place on Rt.
5&6 Rock Lt to side-recover on Rt-cross Rt over Lt.
7&8 Rock Rt to side-recover on Lt-make a ¼ turn to Lt stepping fwd on Rt.

Lt cross shuffle. Rt cross shuffle. Lt cross shuffle swing Rt to side. Rt behind-side-1/4 Lt-fwd Rt.

1&2 Cross Lt over Rt-Rt side-cross Lt over Rt.
3&4 Cross Rt over Lt-Lt side-cross Rt over Lt.
5&6& Cross Lt over Rt-Rt side-Cross Lt over Rt-Swing Rt foot out to Rt side.
7&8 Cross Rt behind Lt-make a ¼ turn Lt on Lt. Step Fwd on Rt.

Tag 2: end of wall 5

Lt mambo fwd. Rt mambo bk.

1&2 Rock Fwd on Lt-recover on Rt-step in place on Lt.
3&4 Rock Back on Rt-recover on Lt-step in place on Rt.

Start over!

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