

# Apaxionada

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Petra Geens (BEL) - January 2016  
音樂: Apaxionada - Paul Michiels



Intro : 16 counts

## MAMBO R, MAMBO L, MAMBO FORWARD, MAMBO BACK

1            RV rock side  
&            LV recover weight  
2            RV step nex to LV  
3            LV rock side  
&            RV recover weight  
4            LV step next to RV  
5            RV rock forward  
&            LV recover weight  
6            RV step next to LV  
7            LV step behind  
&            RV recover weight  
8            LV step next to RV

## 1/4 PADDLE TURN L, 1/4 PADDLE TURN L, 1/4 PADDLE TURN L, 1/4 TURN L TOUCH, ROCK SIDE, BEHIND, 1/4 TURN I, STEP FORWARD,

1            1/4 turn left, RV touch side(9.00)  
2            1/4 turn left, RV touch side (6.00)  
3            1/4 turn left, RV touch side (3.00)  
4            1/4 turn left, RV touch next to LV (12.00)  
5            RV rock side  
6            LV recover weight  
7            RV step behind LV  
&            1/4 turn left ,LV step forward (9.00)  
8            RV step forward

## ROCK STEP, LOCKSTEP BEHIND, 1/4 TURN R , STEP, TOUCH, 1/4 TURN I, STEP, OUT, OUT, IN IN

1            LV Rock forward  
2            RV recover weight  
3            LV step back  
&            RV cross over LV  
4            LV step behind  
&            1/4 turn right, RV step forward(12.00)  
5            LV touch side (put right arm up)  
6 1          /4 turn left, LV step forward (9.00)  
&            RV step forward  
7            LV step forward (flashing fingers above the head)  
&            RV step back  
8            LV step back (flashing fingers down)

## JUMP FORWARD , JUMP FORWARD, STEP SIDE, TOUCH , BEHIND, CROSS, SIDE, CROSS, SIDE, CROSS, FLICK, CROSS

&            RV step forward  
1            LV step forward(flashing with the fingers above the head))  
&            RV step forward

- 2 LV step forward (flashing with the fingers above the head)
- & RV step to the side
- 3 LV touch hiel in front
- & LV step next to RV
- 4 RV cross over LV
- & LV step to the side
- 5 RV cross over LV
- & LV step to the site
- 6 RV cross over RV
- 7 LV flick back ( R arm flashing fingers above the head, left arm in side)
- 8 LV cross over RV

**TAG- 16 tellen**

**SIDE, TOGETHER, MAMBO R, SIDE, TOGETHER, MAMBO L,**

- 1 RV step to the site
- 2 LV step next to RV
- 3 RV rock side
- & LV recover weight
- 4 RV step next to LV
- 5 LV step to the site
- 6 RV step next to LV
- 7 LV rock side
- & RV recover weight
- 8 LV step next to RV

**FULL TURN PADDLE L, HIPS R, HIPS L**

- 1 ¼ turn left, RV touch side
- 2 ¼ turn left, RV touch side
- 3 ¼ turn left, RV touch side
- 4 ¼ turn left, RV touch side
- 5 Swing hips right
- & swing hips back to centre
- 6 swing hips right
- 7 swing hips left
- & swing hips back to centre
- 8 swing hips left

**Restart during walls 3 and 7 after count 8**

**TAG - after wall 4**

**Have fun !!!**

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