

拍數: 32

級數: Beginner

編舞者: Grit Benke (DE) - June 2016

音樂: El Perdón - Nicky Jam & Enrique Iglesias

Start with the heavy beats (after about 32 s)

S1: Mambo Step, Mambo back, Shuffle forward, Mambo Step

- 1&2 RF step forward (weight on RF), weight back on LF, RF close to LF
- 3&4 LF step back (weight on LF), weight back on RF, LF close to RF
- 5&6 RF step forward, LF close to RF, RF step forward
- 7&8 LF step forward (weight on LF), weight back on RF, LF close to RF

S2: Shuffle back, Coaster Step, ½ Paddle turn left

- 1&2 RF step back, LF close to RF, RF step back
- 3&4 LF step back, RF close to LF, LF step forward
- 5&6&7&8& RF small step right, 1/8 turn to left, RF small step right, 1/8 turn to left, RF small step right, 1/8 turn to left, RF small step right, 1/8 turn to left

S3:□Step, Point, Step, Point, Jazzbox ¼ right

- 1 2 RF step forward, LF point left
- 3 4 LF step forward, RF point left
- 5 8 RF cross LF, LF step back, 1/4 turn left with RF step forward, LF cross RF

S4: Mambo right, Mambo left, sway hips right/left 2x

- 1&2 RF step right (weight on RF), weight back on LF, RF close to LF
- 3&4 LF step left (weight on LF), weight back on RF, LF close to LF
- 5 8 sway hips right, sway hips left, sway hips right, sway hips left

Start again and don't forget to smile.

Lastb Update - 7th June 2016





牆數: 4