

More Than Amigos

拍數: 64 牆數: 2 級數: Intermediate Cha Cha
編舞者: Kate Sala (UK) & Sharon Tilki (UK) - October 2016
音樂: More Than Amigos - Jesse & Joy : (iTunes)



Intro: 16 counts so you begin the dance 16 counts before the singing starts.

S1: Step Right, Cross Rock, Recover, Chasse Left, Rock Back, Recover, Forward Lock Step.

1 2 3 Step R to right side. Cross rock L over R. Recover on to R.
4 & 5 Step L to left side. Step R next to L. Step L to left side.
6 7 Rock back on R. Recover on to L.
8 & 1 Step forward on R. Lock step L behind R. Step forward on R.

S2: Forward Rock Step, Full Turn Back, Step Back, Lock, Back Lock Back With Kick.

2 3 Rock forward on L. Recover on to R.
4 5 Turn 1/2 left stepping forward on L. turn 1/2 left stepping back on R. 12:00
6 7 Step back on L. Lock step R over of L.
8 & 1 Step back on L. Lock step R over L. Small step back on L while kick flicking R forward.

S3: Step Down With Flick, Step, Syncopated Cross Rock Step, Syncopated Cross Rocks With 1/4 Turn Left.

2 3 Step down on R while flicking L foot back. Step forward on L.
4 & 5 Cross rock on R over L. Recover on to L. Step R to right side.
6 & 7 & Cross rock on L over R. Recover on to R. Side rock on L to left side. Recover on to R.
8 & 1 Cross rock on L over R. Recover on to R. Turn 1/4 left stepping forward on L. 9:00

S4: Step Pivot 1/2 Turn Left, Step Pivot 1/2 Turn Left Step, Walk x 2, Mambo Step With Sweep.

2 3 Step forward on R. Pivot 1/2 turn left. (Easy option - Rock forward, recover)
4 & 5 Step forward on R. Pivot 1/2 turn left. Step forward on R. (Easy option - Rock back, recover, step forward)
6 7 Walk forward on L, R.
8 & 1 Rock forward on L. Rock back on R. Long step back on L sweeping R out to right side.

S5: Right Sailor Step, Left Sailor Step With 1/4 Turn Left, Right Side Mambo Step, Point Left, Touch In.

2 & 3 Cross step R behind L. Step L to left side. Step R to right side sweeping L back.
4 & 5 Turn 1/4 left stepping L behind R. Step R to right side. Step L in place. 6:00
6 & 7 Side rock on R out to right side. Recover on to L. Step R next to L.
8 1 Touch L out to left side bending R knee slightly. Drag L towards R straightening up (Weight on R)

S6: Step, Turn 1/2 Left, Sailor Step With Sweep, Step, Turn 1/2 Right, Sailor Step 1/4 Turn Right.

2 3 Step forward on L. Turn 1/2 left stepping back on R sweeping L out to left. 12:00
4 & 5 Cross step L behind R. Step R to right side. Step forward on L.
6 7 Step forward on R. Turn 1/2 right stepping back on L sweeping R out to right side.
8 & 1 Cross step R behind L. Turn 1/4 right stepping L to left side. Cross step R over L. 9:00

S7: Hold, Ball Cross, Step Left, Right Hip Bump, Step Right, Left Hip Bump. Triple Step Left.

2 & 3 Hold. Step ball of L to left side. Cross step R over L.
4 5 Step L to left side. Touch R slightly out to right side bumping R hip up, down.
6 7 Step R to right side. Touch L slightly out to left side bumping L hip up, down.
8 & 1 Step L to left side. Step R next to L. Step L to left side.

S8: Cross Rock Step, Chasse Right 1/4 Turn Right, Sweep 1/2 Turn Right, Together, Step Right, Together.

2 3 Cross Rock on R over L. Recover on to L.

4 & 5 Step R to right side. Step L next to R. Turn 1/4 right stepping forward on R.
6 7 Sweep L foot out to left side making 1/2 pivot right on ball of R. Step L next to R. 6:00
8 & Step R out to right side. Step L next to R.

Start Again.

Restart during wall 5 - After Count 47 step L to the left side without the 1/4 turn & step R to right side to start the dance the again from the beginning, facing 6:00.
