

24 Hours from Tulsa

拍數: 96 牆數: 2 級數: Easy Intermediate Mambo
編舞者: Glynn Rodgers (UK) - February 2017
音樂: 24 Hours From Tulsa - Gene Pitney



Count in: 8 Counts from the heavy beat. (Approx 7 Seconds)

Phrasing: 8 count Tag danced at the end of the sequence on walls 2 & 4.

Note: □ S – denotes SLOW – 2 counts / Q – denotes QUICK – 1 Count

[1-8]: □ Mambo Forward Right, Hold, Mambo Back Left, Hold.

1-4 Rock forward right, recover weight on to left, close right to left, hold. (QQS)

5-8 Rock back left, recover weight on to right, close left to right, hold. (QQS)

[9-16]: □ Right Side Rock, Cross, Hold. Left Side Rock, Cross, Hold.

1-4 Rock right to right side, recover weight on to left, cross right over left, hold. (QQS)

5-8 Rock left to left side, recover weight on to right, cross left over right, hold. (QQS)

[17-24]: □ Side, Cross, Side, Hold, 3-Step Jazz Box ¼ Turn, Hold.

1-4 Step right to right side, cross left over right, step right to right side, hold. (QQS)

5-8 Cross left over right, turn ¼ left stepping back right, step left to left side, hold. (9:00) (QQS)

[25-32]: □ Weave Left, Cross Rock, Side, Hold.

1-4 Cross right over left, step left to left side, cross right behind left, step left to left side. (QQQQ)

5-8 Cross rock right over left, recover weight on to left, step right to right side, hold. (QQS)

[33-40]: □ Weave Right, Cross Rock, ¼ Turn, Hold.

1-4 Cross left over right, step right to right side, cross left behind right, step right to right side. (QQQQ)

5-8 Cross rock left over right, recover weight on to right, turn ¼ left stepping forward left, hold. (6:00) (QQS)

[41-48]: □ Step, Hold, Triple Full Turn Forward, Pivot ½ Turn.

1-2 Step forward right, hold. (S)

4-6 Triple full turn right stepping – left-right-left. (QQS)

7-8 Step forward right, pivot ½ turn left. (12:00) (QQ)

[49-56]: □ Sways Right & Left, Right Chasse, Hold.

1-4 Sway hips right over 2 counts, sway hips left over 2 counts. (SS)

5-8 Step right to right side, close left to right, step right to right side, hold. (QQS)

[57-64]: □ Sways Left & Right, Left Chasse, Hold.

1-4 Sway hips left over 2 counts, sway hips right over 2 counts. (SS)

5-8 Step left to left side, close right to left, step left to left side, hold. (QQS)

[65-80]: □ Full Rotation Diamond Turn.

1-4 Cross right over left, turn 1/8 right stepping back left, step back right, hold (1:30). (QQS)

5-8 Step back left, turn ¼ right stepping forward right, step forward left, hold (4:30) (QQS)

9-12 Cross right over left, turn ¼ right stepping back left, step back right, hold (7:30) (QQS)

13-14 Step back left, turn ¼ right stepping forward right (10:30). (QQ)

15-16 Turn 1/8 right stepping side left, hold (12:00) (S)

[81-88]: □ Backward Diagonal Kick Ball Cross Steps Right & Left.

- 1-4 Angling body to right diagonal, kick right foot forward, step right foot to place, cross left over right, step right foot back straightening up. (QQQQ)
- 5-8 Angling body to left diagonal, kick left foot forward, step left foot to place, cross right over left, step left foot back straightening up. (QQQQ)

[89-96]: □ ½ Turn, Hold, ½ Chase Turn, Hold, ½ Pivot Turn.

- 1-4 Turn ½ right stepping forward right, hold. Step forward left, pivot ½ turn right. (SQQ)
- 5-8 Step forward left, hold. Step forward right, pivot ½ turn left. (SQQ)

TAG: □ Hip Sways with holds – DANCED AT THE END OF WALLS 2&4

- 1-4 Step right to right side swaying hips to right over 2 counts, sway hips left & right. (SQQ)
- 5-8 Sway hips left over 2 counts, sway hips right & left. (SQQ)

ENDING – After wall 4, dance the tag and then dance up to count 32 and weave right turning ¼ to front wall and pose.

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