

# 3 A.M

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Andrés de la Rubia Albertí (ES) - October 2017  
音樂: 3 A.M. - Jesse & Joy & Gente de Zona



## [1-8] Bumps ¼ turn left (R&L) ,Bumps (R&L&R),Bumps (L&R),Bumps(L&R&L)

1-2            Hip Rf, Hip Lf  
3&4           Hip Rf,Hip Lf,Hip Rf  
5-6           Hip Lf,Hip Rf  
7&8           Hip Lf,Hip Rf,Hip Lf

## [9-16] Syncopated Rocks (R&L)

9&            Rf foward,Recover weight Lf  
10&           Rf right ,Recover weight Lf  
11&           Rf behind Lf,Recover weight Lf  
12            Rf right  
13-16        Repeat with Lf

## [17-24] Rock right,coaster step,Rock left,coaster step

17-18        Rf foward,Recover weight Lf (optional body roll)  
19&20       Rf back,Lf back,Rf foward  
21-22       Lf foward,Recover weight Rf (optional body roll)  
23&24       Lf Back,Rf back,Lf foward

## [25-32] Shuffle foward (R&L) Mambo foward right,Mambo back left

25&26       Rf foward,Lf next to Rf,Rf foward  
27&28       Lf foward,Rf next to Lf,Lf foward  
29&30       Rf foward,Recover weight Lf,Rf next to Lf  
31&32       Lf back,Recover weight Rf,Lf next to Rf

Enjoy

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