

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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