

Machika

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Tanya Teng (MY) & Ivan Lim (MY) - April 2018
音樂: Machika - J Balvin, Jeon & Anitta



Start dance on vocals (16 count intro)

Sequence: AAB, AAB, ABB, B (16 counts)

Part A: 32 counts

A1: Mambo Right, Mambo Left, Out-Out, In-In, Step Forward, ½ Pivot Turn

- 1&2 Rock Right to Right (1), Recover on Left (&), Step Right next to Left (2)
3&4 Rock Left to Left (3), Recover on Right (&), Step Left next to Right (4)
5&6& Step Diagonal Right forward (5), Step Diagonal Left forward (&), Step Right in place (6), Step Left back next to Right (&)
7-8 Step Right forward (7), Make a ½ left stepping Left forward (8)

A2: Stomp, Slide Right, Sailor Left, Weave Left, ¼ Left Scuff

- 1-2 Stomp Right (1), Slide Right to Right (2)
3&4 Step Left behind Right (3), Step Right slightly to Right side (&), Step Left to Left (4)
5&6& Step Right behind Left (5), Step Left to Left (&), Cross Right over Left (6), Step Left to Left (&),
7&8 Step Right behind Left (7), Make a ¼ left stepping Left forward (&), Brush Right Heel Upwards (8)

A3: Diagonal Right Forward, Hip Bump Right 2x, ¼ Left Step Forward, Hip Bump Left 2x

- 1-2 Step Right diagonal forward (1), Step Left next to Right (2)
3-4 Hip bump twice (3,4)
5-6 Make a ¼ left stepping Left forward (5), Step Right next to Left (6)
7-8 Hip bump twice (7,8)

A4: Dorothy Right, Dorothy Left, ½ Pivot Turn, Full Turn Left

- 1,2& Step Right forward (1), Step Left behind Right (2), Step Right forward (&)
3,4& Step Left forward (3), Step Right behind Left (4), Step Left forward (&)
5-6 Step Right forward (5), Make a ½ left stepping Left forward (6)
7-8 Make a ½ left stepping Right back (7), Make a ½ left stepping Left forward (8)

Part B: 32 counts

B1: Step Touch 2x, Ball Cross, Diamond Step 2x facing 7:30

- 1-2 Step Right to Right (1), Step touch on Left (2)
3-4& Step Left to Left (3), Step touch on Right (4), Drop Right heel (&)
5&6a Cross Left over Right facing 10:30 (5), Step Right back (&), Step Left slightly to Left facing 9:00 (6), Hitch Right leg (a)
7&8 Step Right behind Left facing 9:00 (7), Step Left slightly to Left (&), Step Right forward facing 7:30 (8)

B2: Diamond Step 2x, ¾ L traveling Voltas, end facing 6:00

- 1&2 Cross Left over Right facing 7:30 (1), Step Right back (&), Step Left slightly to Left side facing 6:00 (2)
3&4 Step Right behind Left facing 6:00 (3), Step Left slightly to Left side (&), Step Right forward facing 9:00 (4)
5&6& Make a ¼ left crossing Left over Right (5), Press on Right ball (&), Make a 1/8 left crossing Left over Right (6), Press on Right ball (&)

7&8 Make a 1/8 left crossing Left over Right (7), Press on Right ball (&), Make a ¼ left crossing
Left over Right facing 6:00 (8)

B3: Side Rock 2x, Side Rock Cross 2x, Left Traveling Voltas

1-2 Rock Right to Right (1), Recover Right next to Left (2)

Hand movement: Chest pumps 2x. Counts (1&)

3-4 Rock Left to Left (3), Recover Left next to Right (4)

Hand movement: Chest pumps 3x. Counts (3&)

5&6& Rock Right to Right (5), Recover on Left (&), Cross Right over Left (6), Press on ball of Left
foot (&)

7&8 Cross Right over left (7), Press on ball of Left foot (&), Cross Right over Left (8)

B4: Side Rock Cross 2x, Rock Recover, Batucada 3x, Step Together

1&2 Step Left to Left (1), Recover on Right (&), Cross Left over Right (2)

3&4& Step Right to Right (3), Recover on Left, (&) Cross Right over Left (4), Rock Left back

5&a Step Right back (5), Press ball of Left forward (&), Recover onto Right (a)

6&a Step Left back (6), Press ball of Right forward (&), Recover onto Left (a)

7&a Step Right back (7), Press ball of Left forward (&), Recover onto Right (a)

8 Step Left next to Right (8)

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