

Sweet Mama-Cita

拍數: 48 牆數: 4
編舞者: Wanda Heldt (AUS) - April 2018
音樂: Hey Señorita - The Koi Boys



Or as a 1 Wall dance: See Option: - S.6

A Little challenge for my E.Inter and As a split floor:- with Hey Señorita AB by Sue Beau/ which I have taught to my Beginners - Just love the music. All about having Fun and staying on the floor. :-).

#1. FIGURE 8

1-4 Step Right to Right, Step Left behind Right, 1/4 turn on Right, Hold. [3]
5-8 Step forward on Left, Pivot 1/2 turn Right [9] 1/4 turn Right step on Left, Hold.[12]

#2. BACK ROCK, RECOVER, LONG STEP, DRAG, LEFT 1/4 SAILOR STEP

1-4 Rock back on Right, Recover on Left, Long Step Right, dragging Left towards Right.
5-6 1/4 turn Left sailor step [stepping Left behind Right, Step Right to Right,
7-8 Step Left to side, Hold]. [9]

#3. RUN FORWARD R.L.R, HOLD, FULL TURN RIGHT HOLD

1-4 Run forward Right, Left, Right, Hold [small steps]
5-8 1/2 turn Right step on Left, 1/2 turn Right step forwards on Right, Left, Hold. [9]

Option: 5-8 Run L.R.L. Hold or A Mambo

#4. BACK LOCK STEP, LEFT 1/4 SAILOR STEP

1-4 Step back on Right, Step left across Right, Step back on Right, Hold.
5-8 1/4 turn Left sailor step [Stepping Left behind Right, Step Right to Right, Step Left to side, Hold].[6]

#5. STEP, HOLD, STEP, HOLD, BOOGIE WALK

1-4 Step forward Right to Right diagonal, Hold, Step forward Left Left diagonal, Hold.
5-8 Boogie walk forward, [Swivelling R.L.R.L.]

#6. 2 x 1/8 PADDLE TURN LEFT [Hip roll]

ROCK FORWARD, RECOVER, SIDE, RECOVER [use your hips]

1-2 Step forward Right 1/8 Turn, Recover on Left,
3-4 Step forward Right 1/8 Turn, Recover on Left. [3]

Note:- 1-4 2 x 1/4 turn paddle Left. [12]

5-6 Rock Right forward, Recover on Left.
7-8 Rock Right to Right side, Recover on Left.

[On cts. 5-8 Swing hips as you Rock fwd & back, side & recover]

RestartHAVE FUN IN LIFE & IN DANCE

E-mail: silverstarwa@gmail.com / 0403 636 163