

# Lej Mamo Lej

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Marja Urgert (NL) & Jan Van Tiggelen (NL) - September 2019  
音樂: Lej Mamo Lej - Jolly és Suzy



**Intro: 16 Counts from the heavy beat**

**Sec 1: Walk R-L-R fwd, Touch, & Heel & Touch Touch, & Heel & Touch**

1-2-3-4      RF. Step fwd (1) - LF. Step fwd (2) - RF. Step fwd (3) - LF. Touch toe beside RF (4)  
&5&6      LF. Step back (&) - RF. Dig heel fwd (5) - RF. Step beside LF (&) - LF. Touch toe beside RF (6)  
&7&8      LF. Step back (&) - RF. Dig heel fwd (7) - RF. Step beside LF (&) - LF. Touch toe beside RF (8)

**Sec 2: Walk L-R-L bwd, Touch, & Jump diagonal R back, & Hip, & Jump diagonal L fwd, & Jump diagonal R fwd**

1-2-3-4      LF. Step back (1) - RF. Step back (2) - LF. Step back (3) - RF. Touch toe beside LF (4)  
&5&6      RF. Jump diagonal R back - LF. Touch toe beside RF (5) - hip bump to L (&) - Push hip bump to R (6) (weight on RF)  
&7&8      LF. Jump diagonal L fwd (&) - RF. Touch toe beside LF (7) - RF. Jump diagonal R fwd (&) - LF. Touch toe beside RF (8)

**Sec 3: Step Side L, Kick, Step Side R, Kick, Side, Behind, 1/4 Turn L, Scuff**

1-2-3-4      LF. Step side (1) - RF. Kick diagonal across L (2) - RF. Step side (3) - LF. Kick diagonal across R (4)  
5-6-7-8      LF. Step side (5) - RF. Cross behind LF (6) - LF. 1/4 Turn L step fwd (7) - RF. Scuff fwd (8) (9:00)

**Sec 4: Weave, Cross Rock, Recover, Side, Together**

1-2-3-4      RF. Cross over LF (1) - LF. Step side (2) - RF. Cross behind LF (3) - LF. Step side (4)  
5-6-7-8      RF. Cross rock over LF (5) - LF. Recover (6) - RF. Step side (7) - LF. Step together (8)

**Start Again**

**Note: After the 10th wall, the music slows down, take 4 counts of rest and start the dance again, adjust the tempo (6:00)**

**Tag: After the 13th wall (9:00) Hip R-L-R-L**

1-2-3-4      RF. Step to R side bump hip R (1) - Bump hip L (2) - Bump hip R - (3) - Bump hip L (4)

**Ending: (6:00) Dance the 15th wall to count 31, count 7 of the 4th block, then do (9:00)**

8      LF. 1/4 Turn L stomp fwd (12:00)

**Contact: marja42@kpnmail.nl**

---