

No Drama EZ

拍數: 32 牆數: 2 級數: Beginner
編舞者: Laure-Anne VITELLI (FR) - November 2019
音樂: No Drama (feat. Craig David) - James Hype



Intro 16 counts - No Tag – No Restart

[1 – 8] WALK FWD, ½ TURN R WITH DOUBLE KNEE POP

1-2-3-4 WALK FWD : Step RF Fwd (1), Step LF Fwd (2), Step RF Fwd (3), Step LF Fwd (4) (BWL) (12h)
5-6-7-8 ½ TURN R WITH DOUBLE KNEE POP : 1/8 Turn R bend two knees, lift heels and rest heels (5), 1/8 Turn R bend two knees, lift heels and rest heels (6), 1/8 Turn R bend two knees, lift heels and rest heels (7), 1/8 Turn R bend two knees, lift heels and rest heels (8) (BWL) (6h)

[9 – 16] WALK FWD, SIDE MAMBO R, WALK FWD, SIDE MAMBO L

1-2 WALK FWD : Step RF Fwd (1), Step LF Fwd (2)
3 & 4 SIDE MAMBO R : Rock RF to R side (3), Recover on L (&) Step RF next to L(4)
5-6 WALK FWD : Step LF Fwd (5), Step RF Fwd (6)
7 & 8 SIDE MAMBO L : Rock LF to L side (7), Recover on R (&) Step LF next to R(8)

[17 – 24] FULL PUSH TURN L, MAMBO R FWD, MAMBO L BACK

1 & FULL PUSH TURN L : ¼ Turn L Push RF to R side (1), Recover on L (&) (3h)
2 & ¼ Turn L Push RF To R side (2), Recover on L (&) (12h)
3 & ¼ Turn L Push RF To R side (3), Recover on L (&) (9h)
4 & ¼ Turn L Push RF To R side (3), Recover on L (&) (6h)
5 & 6 MAMBO R FWD : Rock Step R Fwd (5), Recover on L (&) Step RF beside L (6)
7 & 8 MAMBO L BACK : Rock Back L (7), Recover on R (&) Step LF beside R (8)

[25 – 32] TRIPLE STEP DIAG. R & L, 1/8 TURN R ROCKING CHAIR

1 & 2 TRIPLE STEP DIAG. R - L : 1/8 Turn R Step RF Diag. R (1), Step LF beside R (&), Step RF Fwd (2) (7h30)
3 & 4 ¼ Turn L Step LF Diag. L (3), Step RF beside L (&), Step LF Fwd (4) (4H30)
Option : Climb/Push your arms over you head
5-6 1/8 TURN R ROCKING CHAIR : 1/8 Turn R Rock step R Fwd (5), Recover on L(6)
7-8 Rock back R (7), Recover on L (8) (BWL) (6h)

End Suggestion : Make Step Turn 1/2 Turn L (To finish facing 12h)

Source: This card is the original. If you have any questions, do not hesitate to contact me:

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