Cup Mailang

拍數: 48	牆數: 2	級數: Phrased Improver
編舞者: Idawati (INA) - February 2020		
音樂: Cup Mailang - Vienna Fridiana		

Sequence : A – BB – CC – A – BB – CC – A – BB – CC – AA - BBBB
Intro 16 counts

A (16 Counts)
A1. CROSS STEP

1&2&	Cross RF over LF, step ball on LF slightly behind RF, cross RF over LF, step ball on LF slightly behind RF
3&4	Cross RF over LF, step ball on LF behind RF, cross RF over LF
5&6&	Cross LF over RF, step ball on RF slightly behind LF, cross LF over RF, step ball on RF slightly behind LF
7&8	Cross LF over RF, step ball on RF behind LF, cross LF over RF

A2. ¼ TURN R, MAMBO STEP, ¼ TURN L, SIDE MAMBO CROSS

1&2	Make ¼ turn R rock RF forward, recover on LF, step RF back
3&4	Rock LF back, recover on RF, step LF forward
5&6	Make ¼ turn L rock RF to R, recover on LF, cross RF over LF
7&8	Rock LF to L, recover on RF, close LF next to RF

B (16 Counts)
B1. SIDE, TOGETHER, FORWARD, ¼ TURN R, SIDE, TOGETHER, FORWARD, SCISSOR STEP 2X

1&2	Step RF to R closs LF next to RF, step RF forward
3&4	Make ¼ turn R step LF to L, close RF next to LF, step LF forward
5&6	Step RF to R, close LF next to RF, cross RF over LF
7,8	Step LF to L, close RF next to LF, cross LF over RF

B2. CHASSE TO R, ¼ TURN R CHASSE TO L, CHUG FULL TURN TO L

1&2	Step RF to R, close LF next to RF, step RF to R
3&4	Make ¼ turn R step LF to L, close LF next to RF, step LF to L
5-8	Keeping LF in place make full turn to L touching RF to R (4X)

C (16 Counts)
C1. ROCKING CHAIR, SHUFFLE FORWARD, WALK FORWARD, ½ TURN L SHUFFLE

1&2&	Rock RF forward, recover on Lf, rock RF back, recover on Lf
3&4	Step Rf forward, close LF next to RF, step RF forward
5,6	Step Lf forward, step Rf forward (get ready to turn L)
7&8	½ turn L step Lf forward, close Rf next to Lf, step Lf forward

C2. MAKE ¼ TURN L CHASSE TO R, CHASSE TO L, JAZZ BOX

1&2	¼ turn L step Rf to R, close Lf next to Rf, step Rf to R
3&4	Step Lf to L, close Rf to Lf, step Lf to L
5,6	Cross Rf over Lf, step Lf back
7,8	Step Rf to R, close Lf next to Rf

Last Update – 25 July 2020