Arabic Shake



拍數: 32 牆數: 4 級數: High Beginner

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音樂: Omar - Insha Allah



A1# SIDE - MAMBO - STEP BACK - HIP BUMP

Step R to side, L in the place, R close to L
Step L to side, R in the place, L cose to R
Step R back forward with hip bump, L - R
Step L back forward with hip bump, R- L

A2# LOCK SHUFFLE DIAGONAL R - L - VOLTA TURN FULL

Step R diagonal to R, L behind R, R forward diagonal to R
 Step L diagonal to L, R behind L, L forward diagonal to L

5&6& Turn R 1/4 to R forward, Ball L behind R, turn R 1/4 R forward, Ball L behind R

7&8 Turn R 1/4 R forward, Ball L behind R, turn R 1/4 R forward

A4# ENTENDED WEAVE R - L - STEP HEEL TOUCH

1&2& Cross L over R, step R to side, cross L behind R, R to side
3&4 Cross L over R, R to side, step L heel diagonal to L
5&6& Cross rover L, step L to side, cross R behind L, L to side
7&8 Cross R over L, L to side, step R heel diagonal to R

A4# CROSS SHUFFLE - TURN 1/2 RIGHT - SWAY

1&2 Cross L over R, step R side, cross L over R

Turn R 1/2 step R cross over L, L to side, cross R over L
 L to side, turn R 1/2 R in the place, L forward close beside R

7&8 Sway to L - R - L

TAG# - PIVOT 1/2

1-2 Step R forward, turn L 1/2 L in the place 3-4 Step R forward, turn L 1/2 L in the place