

Mulan Warrior

拍數: 48 牆數: 2 級數: Easy Improver - waltz
編舞者: Nora Chuang (USA) - September 2020
音樂: Loyal Brave True - Christina Aguilera



Music by - J Hartman, H Gregson-Williams, R Golan, B Crabtree
Music available from Amazon and iTunes.

#24 count start. No tags.

One restart: Wall 3 after Section 6 (after 36 counts)

S 1: (Cross, Point, HOLD) x 2 (12 o'clock)

1,2,3 R step forward across from L (1), L point to side & HOLD (2,3)
4,5,6 L step forward across from R (4), R point to side & HOLD (5,6)

S 2: Back, Point, HOLD; Left Sailor With ¼ Left Turn (12 -> 9 o'clock)

1,2,3 R step back behind L (1), L point to side & HOLD (2,3)
4,5,6 Left Sailor With ¼ Left Turn: L sweep behind turning ¼ left, facing 9 o'clock (4), R step to side (5), L step to side (6)

S 3: R Step Forward, L Sweep For 2 Counts With ¼ Right Turn, Left Weave (9 -> 12 o'clock)

1,2,3 R step forward (1), L sweep counterclockwise for 2 counts, with ¼ right turn (2,3), facing back at 12 o'clock
4,5,6 Weave to Right: L cross over R (4), R step to right side (5), L behind (6)

S 4: Lunge Right, HOLD HOLD; Left Scissor Cross (12 o'clock)

1,2,3 R lunge to right with right knee bent (1), HOLD, HOLD (2,3), optionally lean body to right
4,5,6 Scissor Cross: L slide next to R (4), R cross over L (5), L step next to R (6)

S 5: Right Sailor, Left Sailor (12 o'clock)

1,2,3 R Sailor: R behind (1), L step to side (2), R step to side (3)
4,5,6 L Sailor: L behind (4), R step to side (5), L step to side (6)

S 6: Right Cross/Unwind ½ Left Turn; L Step, R Scuff/Hitch (12 -> 6 o'clock)

1,2,3 R cross over L tightly (1), unwind ½ left turn on 2 counts, weigh ends on R (2-3), facing 6 o'clock
4,5,6 L step forward (4), R scuff (5), R hitch across L (6)

Restart here on Wall 3.

S 7: (Jazz Box) x 2 (6 o'clock)

1,2,3 Right Jazz Box: R cross over L (1), L step back (2), R step to side (3)
4,5,6 Left Jazz Box: L cross over R (4), R step back (5), L step to side (6)

S 8: R Forward Mambo, L Coaster Step (6 o'clock)

1,2,3 R Forward Mambo: R rock forward, L recover (2), R step next to L (3), See NOTE.
4,5,6 L Coaster Step: L step back (4), R step next to L (5), L step forward (6)

NOTE: Optional hand movement:

On Forward Mambo (count 1-3): hold left hand over right fist and bring both to your chest as a form of salute.

Start dance again... Enjoy!

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