

Pota - Pota

拍數: 32 牆數: 4 級數: Beginner
編舞者: Fonna Queentarina (INA) - February 2021
音樂: Copines - Aya Nakamura



S 1 : Forward Mambo, Back Mambo, Mambo Side Right, Mambo Left

1 & 2 Step R Forward, Recover On L, Step R Back
3 & 4 Step L Backward, Recover On R, Step L Forward
5 & 6 Step R To R Side, Step Back, Step Back On L, Step R To R side
7 & 8 Step L To L Side, Step Back, Step Back On The Next To R

S 2 : Step Diagonal Shuffle Forward 2X, Press R Forward, Press L Forward

1 & 2 Step R Diagonal R Forward, Close L Next To R, Step R Diagonal R Forward
3 & 4 Step L Diagonal L Forward, Close R Next To L, Step L Diagonal L Forward
5 & 6 Press R (And body) Forward, Step R To Centre
7 & 8 Press L (And body) Forward, Step L To Centre

S 3 : R Hip Bumps, Behind, Side Cross, L Hip Bumps, Behind, Behind Side Cross

1 - 2 R Forward To R Side With Push R Hip To Up, Push R Hip To Up
3 & 4 Cross R Behind L, Step L To Side, Cross R Over L
5 - 6 L Forward To L Side With Push L Hip To Up, Push L Hip To Up
7 & 8 Cross L Behind R, Step R To Side, Cross L Over R

S 4 : V Step, Jazz Box ¼

1 - 2 R Forward Diagonal To R, L Forward Diagonal To L
3 - 4 R Back To Centre L, Close Beside R
5 - 6 Step R Cross Over L, L Back
7 - 8 R ¼ Turn To R, L Forward

Repeat On S 4

Restart After Wall 1 & Wall 3

KEEP HEALTHY & ENJOY THE DANCE.

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