

Chona

拍數: 32 牆數: 4 級數: Low Intermediate
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音樂: Chona - Yomil y El Dany



INTRO : 16 count - 2 TAGS , 1 RESTART

I. MAMBO CROSS 2X - DIAGONAL ROCK

1 & 2 Step Rf to side - Recover on Lf - Step Rf cross over Lf
3 & 4 Step Lf to side - Recover on Rf - Step Lf cross over Rf
5 6 Step Rf diagonally right - Recover on Lf (01.30)
7 8 Step Rf diagonally right - Recover on Lf

(on count 5-8 push hips forward & back)

II. FORWARD - PIVOT 1/2 R - 3/8 TURN R - BACK SIDE CROSS - MAMBO CROSS

1 2 Step Rf forward - Step Lf forward (01.30)
3 4 Turn 1/2 right Step on Rf (07.30) - Step Lf forward and turn 3/8 right sweep Rf to back (12.00)
5 & 6 Step Rf behind Lf - Step Lf to side - Step Rf cross over Lf
7 & 8 Step Lf to side - Recover on Rf - Step Lf cross over Rf

* RESTART HERE ON WALL 6

III. BACK PADDLE - CROSS SAMBA 2X

1 & Tap on ball of Rf to side - Recover on Lf
2 & Turn 1/8 right Tap on ball of Rf to side - Recover on Lf (01.30)
3 & 4 Turn 1/4 right Tap on ball of Rf to side - Recover on Lf (04.30) - Turn 1/8 right Step Rf to side (06.00)
5 & 6 Step Lf cross over Rf - Step ball on Rf to side - Recover on Lf
7 & 8 Step Rf cross over Lf - Step ball on Lf to side - Recover on Rf

IV. 1/4 TURN R - HIP ROLL - FORWARD - SIDE - SWIVEL RF IN

1 2 Step Lf forward Turn 1/4 right with hip roll to left - Touch Rf to side (09.00)
3 4 Step on Rf with hip roll to right - Touch Lf to side
5 6 Step Lf forward - Step Rf to side
7 & 8 Swivel R heel in - Swivel R toes in - Swivel R heel in

TAG 1 : MAMBO CROSS 2X - SIDE - RECOVER

1 & 2 Step Rf to side - Recover on Lf - Step Rf cross over Lf
3 & 4 Step Lf to side - Recover on Rf - Step Lf cross over Rf
5 6 Step Rf to side - Recover on Lf

TAG 2 : SHIMMY OR BODY ROLL FOR 2 COUNT

* RESTART ON WALL 6 AFTER 16 COUNT

** TAG 1 AFTER WALL 3

*** TAG 2 AFTER WALL 9

Thank you ...
Happy dancing ..
Stay safe ...