

Nuuk Qulaallugu

拍數: 64 牆數: 2 級數:
編舞者: Mona Leth (DK) - May 2021
音樂: Nuuk Qulaallugu - Qarsoq



Restarts: On wall 2, 4, 6 og 8 after 48 count

Section 1: RF: Side Toestrut, LF: Cross Toestrut, R Side Rock, RF Cross, Hold

1-2-3-4 Touch R toe to R, Lower R Heel. Cross L over Right and Touch L toe in front of R, Lower L heel.
5-6-7-8 Rock RF out to R, Recover Weight on LF, Cross RF over LF, Hold

Section 2: LF: Side Toestrut, RF: Cross Toestrut, L Side Rock, LF Cross, Hold

1-2-3-4 Touch L toe to L, Lower L Heel. Cross R over left and Touch R toe in front of L, Lower R heel.
5-6-7-8 Rock LF out to L, Recover Weight on RF, Cross LF over RF, Hold

Section 3: RF: Mambo Forward, Hold, L Coaster Back, hold,

1-2-3-4 RF forward, weight back on LF, RF next to L, hold
5-6-7-8 LF back, RF back next to LF, LF forward, hold

Section 4: Step turn step, Hold, Run x 3, Hold

1-2-3-4 RF step forward, ½ turn over L shoulder, RF step forward, hold
5-6-7-8 Run with small step: LF, RF, LF, hold

Section 5: Heel- switches R and L, Mambo R, Hold

1-2-3-4 R Heel forward, together, L Heel forward, together
5-6-7-8 , RF to R, Weight back on L, RF next to L, hold

Section 6: Heel-switches L and R, Mambo L, Hold

1-2-3-4 L Heel forward, together, R heel forward, together
5-6-7-8 , LF to L, Weight back on R, LF next to L, hold

RESTART HERE ON WALLS 2, 4, 6 AND 8.

Section 7: Rhumba forward touch , Rhumba back Kick

1-2-3-4 RF to R, LF next to R, RF forward, LF touch next to R
5-6-7-8 LF to L, RF next to L, LF back, RF kick

Section 8: Step Back and Kick x 2, coaster R back and together

1-2-3-4 Step back RF, Kick LF (and Clap), Step back LF, Kick RF (and Clap)
5-6-7-8 Step RF back, LF back next to RF, RF forward , step forward on RF, step LF next to RF.

END OF DANCE - START AGAIN.... ENJOY....

Mona Leth: mo.irl@hotmai.com - Denmark