

# Marola

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Muki Matohir Royal (INA) & Simona (INA) - August 2021  
音樂: Marola - Lofran



## Start On Lyric

Sequence Of Dance : A - TAG - B - B - A - B - B - C - A - TAG - B - B - C

### A1. MAMBO FORWARD - MAMBO BACK - ¼ TURN RIGHT - SIDE - 1/8 TURN RIGHT - SIDE DIAGONAL - 1/8 TURN RIGHT - SIDE DIAGONAL - 1/8 TURN RIGHT - SIDE

1 & 2      Step R Forward , Step L in Place , Step R Back  
3 & 4      Step L Back , Step R in Place , Step L Forward  
5 &      ¼ Turn Right Step R to Side , Step L in Place  
6 &      1/8 Turn Right Step R to Side Diagonal , Step L in Place  
7 &      1/8 Turn Right Step R to Side Diagonal , Step L in Place  
8      1/8 Turn Right Step R to Side

### A2. SYNCOPATED WEAVE - IN PLACE - LONG STEP - CROSS - ¼ TURN LEFT - SWITCH TOUCH WITH HIP BUMP

1 &      Cross L over R , Step R to Side  
2 &      Cross L Behind R , Step R to Side  
3 &      Cross L over R , Step R to Side  
4 &      Cross L Behind R , Step R in Place  
5 - 6      Step L to Long Side , Cross R over L  
7 - 8      ¼ Turn Left Touch R Forward on R Both Of Heel to Out With Hip Bump , Both Of Heel to in

### A3. ANCHOR STEP - SAILOR STEP ¼ LEFT - SIDE MAMBO ( R - L )

1 & 2      Step R Behind L , Recover on L , Step R in Place  
3 & 4      Sweep L Back , Step R in Place , Close L Beside R  
5 & 6      Step R to Side , Step L in Place , Close R Beside L  
7 & 8      Step L to Side , Step R in Place , Close L Beside R

### A4. WALK - CLOSE - BACK DIAGONAL ( R - L )

1 - 2      Step R Forward , Step L Forward  
3 - 4      Step R Forward , Touch L Beside R  
5 - 6      Step R Back Diagonal , Touch L Beside R  
7 - 8      Step L Back Diagonal , ¼ Turn Left Touch R Beside L

### TAG : JUMP - JUMP CROSS - ½ PIVOT LEFT - TOUCH

1 - 2      Jump Opening R - L , Jump Cross R over L  
3 - 4      ½ Left Step L in Place , Touch R Beside L

### B1. SIDE - TOUCH - SIDE - TOUCH - CHASSE - SIDE - TOUCH - SIDE - TOUCH - CHASSE

1 & 2 &      Step R to Side , Touch L Beside R , Step L to Side , Touch R Beside L  
3 & 4 &      Step R to Side , Step L Beside R , Step R to Side , Touch L Beside R  
5 & 6 &      Step L to Side , Touch R Beside L , Step R to Side , Touch L Beside R  
7 & 8      Step L to Side , Step R Beside L , Step L to Side

### B2. BOTA FOGO - CROSS ROCK - SIDE ROCK - CROSS BACK - UNWIND

1 & 2      Cross R over L , Ball L to Side , Step R in Place  
3 & 4      Cross L over R , Ball R to Side , Step L in Place  
5 - 6      Cross R over L , Side R to Side  
7 - 8      Cross R Back , Unwind ½ Turn Right

**C1. SHUFFLE FORWARD - SWAY FORWARD - SWAY BACK - ½ PIVOT LEFT - IN PLACE**

1 & 2            Step R Forward , Step L Beside R , Step R Forward  
3 & 4            Step L Forward , Step R Beside L , Step L Forward  
5 - 6            Sway R Forward , Sway Back  
7 - 8            Sway R Forward , ½ Turn Left Step L in Place

**C2. SHUFFLE FORWARD - PADDLE TURN ¼ ( 2X )**

1 & 2            Step R Forward , Step L Beside R , Step R Forward  
3 & 4            Step L Forward , Step R Beside L , Step L Forward  
5 - 6            Touch R Forward , ¼ Turn Left Step L in Place  
7 - 8            Touch R Forward , ¼ Turn Left Step L in Place

**ENJOY THE DANCE**

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