

O Li Ho

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Yona Mirda (INA) & Bambang Satiyawan (INA) - September 2021
音樂: Mambo (feat. Sean Paul, El Alfa, Sfera Ebbasta & Play-N-Skillz) - Steve Aoki & Willy William



Intro: 64 Counts

S1. JAZZBOX 2x

1 - 2 Cross RF over LF, Step LF back
3 - 4 Step RF to side, Step forward on LF
5-6-7-8 Repeat

S2. HIP ROLL (R - L)

1-2-3-4 Step RF to side roll hips around spine (clockwise) end weight on RF
5-6-7-8 Roll hips around spine (counterclockwise) end with weight on LF

S3. SHUFFLE FORWARD (R - L), ROCKING CHAIR

1 & 2 Step RF forward, Step LF next to Rf, Step Rf forward
3 & 4 Step LF forward, step RF next to LF, Step LF forward
5 - 6 Step RF forward, Recover on LF
7 - 8 Step RF backward, Recover on LF

S4. PIVOT 3/4 LEFT, MAMBO FORWARD BACKWARD

1 - 2 Step RF forward, Turn ½ turn L step LF in place (6.00)
3 - 4 Step RF forward, Turn ¼ L step L to side (3.00)
5 & 6 Step RF forward, Recover on LF, Step back on RF
7 & 8 Step LF backward, Recover on RF, Step forward on LF

S5. SIDE MAMBO (R - L), PIVOT 1/2 L, OUT OUT

1 & 2 Step RF to side, Recover on LF, Step RF next to LF
3 & 4 Step LF to side, Recover on RF, Step LF next to RF
5 - 6 Step RF forward, Turn ½ L step LF in place (9.00)
7 - 8 Step RF diagonal forward, Step LF diagonal forward

S6. SAILOR STEP, SAILOR TURN ¼ L, SIDE ROCK, PADDLE 1/4 TURN L

1 & 2 Cross RF behind, Close LF beside RF, Step RF to side
3 & 4 Turn ¼ L step back on LF, close RF beside LF, Step LF to side (6.00)
5 - 6 Step RF to side, Recover on R
7 - 8 Step RF forward, Turn ¼ L step LF to side (3.00)

S7. BOTAFOGO (R - L), CHARLESTON

1 & 2 Cross RF over LF, Step LF to side, Recover on RF
3 & 4 Cross LF over RF, Step RF to side, Recover on LF
5 - 6 Touch RF forward, Step back on RF
7 - 8 Touch LF behind, Step forward on LF

S8. GRAPEVINE R, BIG STEP L, CLOSE, FORWARD, HITCH

1 - 2 Step RF to side, Cross LF behind RF
3 - 4 Step RF to side, Touch LF beside RF
5 - 6 Big step on LF to side, Close RF beside L
7 - 8 Step LF forward, Hitch on RF

Enjoy Dancing

Contact: yonamirdachepy@gmail.com & bambang.1709@gmail.com
