

Mi Cama AB

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Joan Morro (ES) & Joana Maria Grimalt (ES) - February 2022
音樂: Mi Cama Huele a Ti (feat. Zion & Lennox) (Axel Caram Remix) - Tito "El Bambino"



NO TAGS NO RESTARTS

Start dance facing 10.30

[1-8] ROCKING CHAIR, CROSS SHUFFLE, MAMBO L&R

1&2&.- RF Rock FWD LF Recover, RF Rock FWD, LF Recover
3&4.- RF Cross over LF, LF step side R, RF Cross over LF
5&6.- LF Mambo L, Rf Recover, LF Step together RF (12.00)
7&8.- RF Mambo R, LF recover, RF Step together LF

[9-16] MAMBO FWD, ANCHOR STEP, STEP BACK X 2, COASTER STEP

1&2.- LF Mambo FWD, RF recover, LF step together RF
3&4.- RF Step BWD behind LF, LF Recover in place, RF Recover In place
5-6.- LF step Bwd, RF Step Bwd
7&8 LF Step BWD, RF step Bwd near LF, LF Step FWD

[17-24] TRIPLE STEP DIAGONALLY RIGHT-LEFT & FORWARD, STEP TURN ½ R

1&2.- RF Step fwd Diagonally R, LF Step fwd near RF, RF Step fwd diagonally R (1.30)
3&4.- LF Step fwd Diagonally L, RF Step fwd near LF, LF Step fwd diagonally L (10.30)
5&6.- RF Step Fwd, LF Step fwd near RF, RF Step fwd (12.00)
7,8.- LF Step Fwd, RF ½ turn right & step in place (6.00)

[25- 32] POINT X 2, HEEL TOUCH X 2, SWAY X 3 & TOUCH

1&2&.- LF point L, LF step near RF, RF Point R, RF step near RF
3&4&.- LF Heel Touch Fwd, LF step near LF, RF Heel Touch Fwd, RF Step near LF
5,6,7.- LF Step Left & hip Sway L, RF Recover & hip sway R, LF Recover & hip sway L
8.- RF Toe touch near LF & turn 1/8 L for start again (4.30)

Enjoy and have fun with this
cumbiaton choreography

Last Update - 18 Mar 2022