

Edamame

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Chrissie Trent (NZ) - January 2023
音樂: edamame (feat. Rich Brian) - bbno\$



Intro: 8 Counts – Start on Vocals, No Tags, No Restarts

[1 – 8] FWD MAMBO, BACK MAMBO, R & L SIDE MAMBOS

1&2 Step R fwd, Step L in place, Step R next to L
3&4 Step L back, Step R in place, Step L next to R
5&6 Step R to right side, Step L in place, Step R next to L
7&8 Step L to left side, Step R in place, Step L next to R

[9 – 16] STEP LOCK STEP, STEP LOCK STEP, FWD ¼ CROSS, SIDE SHUFFLE

1&2 Step R fwd, Lock L behind R, Step R fwd
3&4 Step L fwd, Lock R behind L, Step L fwd
5&6 Step R fwd, Pivot ¼ left (&), Cross R over L (9:00)
7&8 Step L to side, Step R next to L, Step L to side

[17 – 24] BEHIND-SIDE-HEEL, ACROSS-SIDE-HEEL, CROSS SHUFFLE, ¼ SHUFFLE FWD

1&2& Cross R behind L, Step L to side, Dig R heel, Step R back behind L
3&4& Cross L over R, Step R to side, Dig L heel, Step L next to R
5&6 Cross R over L, Step L side, Cross R over L
7&8 turn ¼ left Step L fwd, Step R next to L, Step L fwd (6:00)

[25 – 32] ¼ HINGE, SIDE SHUFFLE, SAILOR STEP, 3 x PADDLE TURNS

1&2 turn ¼ left Step R side, Step L next to R, Step R side (3:00)
3&4 Step L behind R, Step R to side, Step L to side
5& Touch R toe fwd (5), Make ¼ turn left (&) (12:00)
6& Touch R toe fwd (6), Make ¼ turn left (&) (9:00)
7&8 Touch R toe fwd (7), Make ¼ turn left (&), Touch R next to L (8) (6:00)

REPEAT DANCE IN NEW DIRECTION

ENDING: On the last Count 32 – instead of touching R next to L - Cross R over L & unwind to front.

Have fun!!