Semata Karenamu



拍數: 32 編數: 2 級數: Intermediate

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音樂: Semata Karenamu - Mario G klau



Intro 16 counts

I. SIDE, BEHIND, 1/4 TURN R FORWARD, PIVOT 1/2 TURN R, FORWARD, MAMBO, COASTER STEP

1,2& Step RF to R, cross LF behind RF, ¼ turn R step RF forward
3,4& Step LF forward, ½ turn R weight on RF, step LF forward
5,6&7 Step RF forward, rock LF forward, recover on RF, step LF back

Step RF back, step LF together, step RF forward sweep LF from back to front

(Option : Count &5 do ½ turn to R step LF back, ½ turn to R step RF forward)

II. DIAMOND, CROSS MAMBO, 1/2 TURN L STEP SIDE

Cross LF over RF, step RF to R, 1/8 turn L step LF back
 Step RF back, 1/8 turn L step LF to L, 1/8 turn L rock RF forward
 Recover on LF, 1/8 turn R step RF to R, cross rock LF over RF
 Recover on RF, ¼ turn L step LF forward, ¼ turn L step RF to R

III. HIP SWAY, SIDE, BEHIND, ¼ TURN L FORWARD LIFT BACK, BACKWARD LIFT FORWARD, HITCH, COASTER STEP

2&3 Hip sway to L-R, step LF to L

Cross RF behind LF, ¼ turn L step LF forward, step RF forward lift LF back Step LF back, step LF back with lift RF forward, hitch on RF

8&1 Step RF back, close LF next to RF, step RF forward

IV. ¾ TURN R, SIDE MAMBO CROSS, TOUCH, BASIC NC

2&3 ½ turn R step LF back, ¼ turn R step RF to R, cross LF over RF

4&5 Rock RF to R, recover on LF, cross RF over LF
 6&7 Touch LF to L, touch LF beside RF, step LF to L
 8& Close RF next to LF slightly back, cross LF over RF

Tag after Wall 2 & 4 (at 12:00) 4 counts (Basic NC)

1,2& Step Rf to R, close Lf next to RF slightly back, cross RF over LF3,4& Step Lf to L, close Rf next to LF slightly back, cross LF over RF

Tag & Restart on Wall 6 after 16 counts, 4 counts

1-4 Step RF to R with hip sway to R-L-R-L (12:00)

Have Fun....