

Maria's Dance 24

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pat Newell (USA) - August 2024
音樂: Maria - Akord



Beginner starter series

BASIC MERENGUE TO RIGHT SIDE

1-4 Step R, L together, R together, L together
5-8 Step R, L together, R together L together (weight on L)}

WEAVE TO LEFT TO 1/4 L

1-4 Step R across L, step L, step R behind L, step on L
5-8 Step R across L, step L, step R behind L, 1/4 L on L 9:00

MAMBO FWD AND BACK HOLD

1-4 Step fwd on R, recover on L, step back on R hold
5-8 Step back on L, recover on R, step fwd on L hold

MAMBO RIGHT AND MAMBO LEFT

1-4 Rock R to R, recover on L, step on R, hold
5-8 Rock L to L, recover on R, step on L, hold

DANCE FOR THE HEALTH OF IT
