

Mon Amour

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Ame Lin (INA) - November 2024
音樂: Mon Amour - Reea



#Sequence : Intro(C) A B B C A B B C C B C B

#Start dance after 16 counts#

#INTRO 16 Counts (The intro dance follow the PART C)

#PART A : 32 Counts

S1. WALK R, L, MAMBO FORWARD, BACK L, R, COASTER STEP

- 1 – 2 Step Rf forward – step Lf forward
- 3 & 4 Step Rf forward – Step Lf in place – Step Rf back
- 5 – 6 Step Lf back – Step Rf back
- 7 & 8 Step Lf back – Step Rf back together – Step Lf forward

S2. CROSS ROCK – RECOVER, SIDE ROCK – RECOVER, SAILOR STEP ¼ TURN R, CROSS ROCK – RECOVER, SIDE ROCK – RECOVER, SAILOR STEP

- 1&2& Cross Rf over Lf – Recover on Lf – Rock Rf to R side – Recover on Lf
- 3 & 4 ¼ turn R step Rf behind Lf – Step Lf to L side – Step Rf to R side
- 5&6& Cross Lf over Rf – recover on Rf Rock Lf to L side – Recover on Rf
- 7 & 8 Cross Lf behind Rf – step Rf to R side – Step Lf to L side

S3. WEAVE, CROSS SAMBA (R – L)

- 1&2& Cross Rf over Lf – Step Lf to L side – Cross Rf behind Lf – Step Lf to L side
- 3 & 4 Cross Rf over Lf – Ball of Lf – Step Rf in place
- 5&6& Cross Lf over Rf – Step Rf to R side – Cross Lf behind Rf – Step Rf to R side
- 7 & 8 Cross Lf over Rf – Ball of Rf – Step Lf in place

S4. ¼ R DIAMOND, SIDE MAMBO

- 1 & 2 Cross Rf over Lf – ¼ turn R Step Lf back – Step Rf back
- 3 & 4 Step Lf back - ¼ turn R Step Rf to R side – Step Lf forward
- 5 & 6 Step Rf to R side – Recover on Lf – Close Rf together
- 7 & 8 Step Lf to L side – Recover on Rf – Close Lf together

#PART B : 16 counts

S1. CROSS ROCK – RECOVER – BACK (R – L), CROSS SHUFFLE, ½ L CROSS SHUFFLE

- 1 & 2 Cross Rf over Lf – Recover on Lf – Step Rf back
- 3 & 4 Cross Lf over Rf – Recover on Rf – Step Lf back
- 5 & 6 Cross Rf over Lf – Step Lf to L side – Cross Rf over Lf
- 7 & 8 ½ L turn Cross Lf over Rf – Step Rf to R side – Cross Lf over Rf

S2. WEAVE, CROSS SAMBA (R – L)

- 1&2& Cross Rf over Lf – Step Lf to L side – Cross Rf behind Lf – Step Lf to L side
- 3 & 4 Cross Rf over Lf – Ball of Lf – Step Rf in place
- 5&6& Cross Lf over Rf – Step Rf to R side – Cross Lf behind Rf – Step Rf to R side
- 7 & 8 Cross Lf over Rf – Ball of Rf – Step Lf in place

#PART C : 16 Counts

S1. FULL DIAMOND R

- 1 & 2 Cross Rf over Lf - $\frac{1}{8}$ turn R Step Lf back – Step Rf back
3 & 4 Step Lf back - $\frac{1}{8}$ turn R Step Rf to R side - $\frac{1}{8}$ turn R Step Lf forward
5 & 6 $\frac{1}{8}$ turn R Cross Rf over Lf - $\frac{1}{8}$ turn R Step Lf back – Step Rf back
7 & 8 Step Lf back - $\frac{1}{8}$ turn R Step Rf to R side - $\frac{1}{8}$ turn R Step Lf forward

S2. $\frac{1}{8}$ R FORWARD SHUFFLE, $\frac{1}{2}$ R CHASSE TURN, FORWARD SHUFFLE, $\frac{1}{2}$ R CHASSE TURN

- 1 & 2 $\frac{1}{8}$ turn R Step Rf forward – Close Lf together – Step Rf forward
3 & 4 Step Lf forward - $\frac{1}{2}$ turn R to stepping Rf forward – Step Lf forward
5 & 6 Step Rf forward – Close Lf together – Step Rf forward
7 & 8 Step Lf forward - $\frac{1}{2}$ turn R to stepping Rf forward – Step Lf forward

Enjoy you dance (Just for fun)

Contact:

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