Woman Smarter 2025



拍數: 32 牆數: 4 級數: High Beginner

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音樂: Man Smart, Woman Smarter - Dr. Victor & The Rasta Rebels



Intro: 32 Counts

RIGHT MAMBO, LEFT MAMBO

1-4 R to right, recover on L, R besides L, Hold
5-8 L to left, recover on R, L besides R, Hold

WALK FORWARD, SHUFFLE FORWARD, HALF TURN, SHUFFLE FORWARD

1-4 R fwd, L fwd, R step fwd, L behind R, R step fwd

5-8 L fwd, R 1/2 turn, L step fwd, R behind L, L step fwd (6 o'clock)

SWAY, RECOVER, CROSS, HOLD X 2

1-4 R to right, sway hips to right same time, Recover on L, R cross over L, hold 5-8 L to left, sway hips to left same time, Recover on R, L cross over R, Hold

STEPS 1/4 TURN LEFT, KICK BALL CHANGE HOLD

1-4 R step fwd, 1/8 turned, x2 (9 o'clock)

5-8 R kick forward, R ball step in place, L step in place, hold

Tags: There Is 3 easy Tags After Wall 5, Facing 9 O' Clock After Wall 8, Facing 12 O' Clock After Wall 11, Facing 3 O' Clock

1-4 Sway to R, Sway to L, x2

Enjoy!

https://www.youtube.com/@DanceWithCathy