

Lady Flame

拍數: 32 牆數: 2 級數: Beginner
編舞者: Michael Lynn (UK)
音樂: Lady Flame - Dima Bilan



FORWARD MAMBO, BACKWARD MAMBO, SIDE MAMBOS

1&2 Rock forward left, recover weight onto right, step left beside right
3&4 Rock backward right, recover weight onto left, step right beside left
5&6 Side rock left to left side, recover weight onto right, step left beside right
7&8 Side rock right to right side, recover weight onto left, step right beside left

½ BARREL ROLL, BACKWARD MAMBO, ½ BARREL ROLL, BACKWARD MAMBO

1&2 Step left ¼ left, step right ¼ left, step left beside right
3&4 Rock backward right, recover weight onto left, step right beside left
5&6 Step left ¼ left, step right ¼ left, step left beside right
7&8 Rock backward right, recover weight onto left, step right beside left

LEFT BOTOFOGO, RIGHT BOTOFOGO, BASIC SAMBA STEPS

1&2 Cross left over right, step right to right side, step left in place
3&4 Cross right over left, step left to left side, step right in place
5&6 Step forward left, step right beside left, step left in place
7&8 Step backward right, step left beside right, step right in place

LEFT SAILOR STEP, RIGHT SAILOR STEP, SHUFFLE FORWARD LEFT, STEP ½ PIVOT TURN STEP

1&2 Cross left behind right, step right to right side, step left to place
3&4 Cross right behind left, step left to left side, step right to place
5&6 Step forward left, close right beside left, step forward left
7&8 Step forward right, ½ turn left, step forward onto right

REPEAT
