

# 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**

---