

Latin Groove

拍數: 32 牆數: 4 級數: Beginner
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音樂: Magic Carpet Ride - MDO



BASIC MAMBOS FORWARD AND BACK, ½ PIVOT (LEFT), STEP-LOCK FORWARD

1 Right - step (rock) slightly forward, while lifting left foot off floor
&
2 Left - lower foot back to floor
3 Right - step together
4 Left - step (rock) slightly backward, while lifting right foot off floor
&
5 Right - lower foot back to floor
6 Left - step together
7 Right - step forward
8 On (balls of) both feet, pivot ½ turn left
9 Right - step forward
&
10 Left - step up behind right foot
11 Right - step forward
12 Right - step forward

BASIC MAMBOS FORWARD AND BACK, ½ PIVOT (RIGHT), STEP-LOCK FORWARD

13 Left - step (rock) slightly forward, while lifting right foot off floor
&
14 Right - lower foot back to floor
15 Left - step together
16 Right - step (rock) slightly backward, while lifting left foot off floor
&
17 Left - lower foot back to floor
18 Right - step together
19 Left - step forward
20 On (balls of) both feet, pivot ½ turn right
21 Left - step forward
22 Right - step up behind left foot
23 Left - step forward
24 Left - step forward

(RIGHT) SIDE-TOGETHER, SIDE CHA-CHA (LATIN HIPS) (LEFT) SIDE-TOGETHER, SIDE CHA-CHA (LATIN HIPS)

25 Right - step to side
26 Left - step together
27&28 Side cha right, stepping (right-left-right)
29 Left - step to side
30 Right - step together
31&32 Side cha left, stepping (left-right-left)

For styling on these 8 counts, use as much hip movement as you can

TURNING JAZZ (¼ RIGHT), SIDE MAMBOS (RIGHT AND LEFT)

33 Right - cross step in front of left foot
34 Left - turning ¼ turn right, step backward
35 Right - step slightly out to side
36 Left - step together or cross over right
37 Right - step (rock) out to side, slightly lifting left foot off floor
&
38 Left - lower foot back to floor
39 Right - step together
40 Left - step (rock) out to side, slightly lifting right foot off floor
&
41 Right - lower foot back to floor

32

Left - step together

Again on the side mambos use as much hip action as you can

REPEAT
