

Life Under The Mango Tree

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Irene Groundwater (CAN)
音樂: Life Under The Mango Tree - Imua



FORWARD, TOUCH, BACK, TOGETHER, FORWARD, TOGETHER, FORWARD, TOUCH

1-2 Right diagonal forward, touch left ball beside right instep
3-4 Left diagonal back, touch right ball beside left instep
5-6 Right diagonal forward, step left beside right
7-8 Right diagonal forward, touch left ball beside right instep

Option:

1 Stretch hands forward palms down towards the right, right hand leading body turned slightly left for counts 1 and 5-8
2 Bring hands back beside body
5 Hands forward
6 Close hands still forward
7 Open hands palm down
8 Close hands

Ultra Beginner Option: on counts 2 and 4 - instead of touches just do holds

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOGETHER, FORWARD, TOUCH

1-2 Left diagonal forward, touch right ball beside left instep
3-4 Right diagonal back touch left ball beside right instep
5-6 Left diagonal forward, step right beside left
7-8 Left diagonal forward, touch right ball beside left instep

Option:

1 Stretch hands forward palms down towards the left, left hand leading body turned slightly right for counts 1 and 5-8
2 Bring hands back beside body)
5 Hands forward
6 Close hands still forward\
7 Open hands palm down
8 Close hands

Ultra Beginner Option: On counts 2 and 4 - instead of touches just do holds)

TOUCH-FORWARD-SIDE-FORWARD, TOGETHER, TOUCH-FORWARD-SIDE-FORWARD, TOGETHER

1-2 Touch right ball forward, touch right ball to right
3-4 Touch right ball forward, step right beside left
5-6 Touch left ball forward, touch left ball to left
7-8 Touch left ball forward, step left beside right

Option:

1-4 Extend arms forward-out to sides -forward-back beside body
5-8 Extend arms forward-out to sides -forward-back beside body

FORWARD, HOLD, ¼ TURN LEFT, HOLD, SWAY, HOLD, SWAY, HOLD

1-2 Right forward, hold
3-4 Pivot ¼ turn left onto left, hold
5-6 Side step right and sway right, hold
7-8 Sway left, hold

Option:

1-4 Sweep right hand above head to the right
5-6 Stretch both hands out to the right

7-8

Stretch both hands out to the left

REPEAT
