

Makin' Wavess

拍數: 32 牆數: 4 級數:
編舞者: Deirdre Lawrence & Greg Lawrence
音樂: Seal Our Fate - Gloria Estefan



MAMBO RIGHT, MAMBO LEFT, PIVOT

Keeping left in place

1&2 Step right to right side, shift weight onto left, step right beside left

Keeping right in place

3&4 Step left to left side, shift weight onto right, step left beside right

5-6 Step forward right, pivot ½ turn over left shoulder onto left

7-12 Repeat steps 1 to 6

HOP RIGHT, BODY POP, UNWIND, BODY POP

& Pushing off on the left, small jump to the right side onto right

13 Tap left toe beside instep of right

14 Clap (keep weight on right with left knee bent)

15 Push left heel down whilst bringing right heel up

& Push right heel down whilst bringing left heel up

16 Push left heel down whilst bringing right heel up

Place arms at the side of the body with fists clenched. When the heel is pushed down, drive the arm and shoulder down on that side, bringing the the arm and shoulders up on the other

17-18 Cross right over left, unwind ½ over the left shoulder, at the end of the turn pop the left knee forward and raise the left heel

19&20 Step left to left side, shift weight onto right, step left beside right

OUT OUT, IN IN ¼ TURN, OUT OUT, IN IN

21 Step right out to right slightly diagonal forward

&22 Step left out to left side level with right, clap

23 Step right in and slightly diagonal back

&24 Step left in beside right, pause

25 Step onto right making ¼ turn to right

&26 Step left shoulder width apart from right, clap

27 Step right in and slightly diagonal back

&28 Step left in beside right, pause

STEP LEFT, ½ PIVOT WAVES

29 Step forward onto left

30 Pivot ½ turn over right shoulder, keep weight on left and bounce right heel

31-32 Bounce right heel, pivot ½ over left shoulder

As you step forward, raise the hands to face height, shoulder width apart, palms facing away from you, fingers spread, with the left hand in front of the face. As you pivot to the right move the hands across in front of the face, end with the right hand in front of the face. Keep the hands at this position while doing the heel bounces, during the pivot back, move hands to the right till the left hand is in front of the face.

REPEAT