

Mandy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Oli Geir (ICE)
音樂: Mandy (Club Mix) - Westlife



STEP, ROCK STEP, CHASSE ½ TURN LEFT, STEP PIVOT ½ TURN LEFT, LOCK STEP

1-3 Step forward right, rock forward left, recover onto right
4&5 Step left in to chasse ½ turn left, stepping left, right, left
6-7 Step forward right, pivot ½ turn left
8&1 Step forward right, step left behind right, step forward right

CROSS ROCK, SIDE STEP, CROSS ROCK, STEP ¼ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, CROSS ROCK, SIDE STEP

2&3 Cross rock left over right, recover onto right, step left to side
4&5 Cross rock right over left, recover onto left, step right ¼ turn right
6-7 Step forward left, pivot ½ turn right
8&1 Cross rock left over right, recover on to right, step left to side

CROSS ROCK, SIDE STEP, CROSS STEP, ¼ TURN LEFT, STEP BACK, LEFT CHASSE, CROSS STEP, TOUCH SIDE

2&3 Cross rock right over left, recover onto left, step right to side
4-5 Step left across right, make a ¼ turn left, stepping back on right
6&7 Step left to side, close right to left, step left to side
8-1 Step right across left, touch left to side

CROSS STEP, SIDE STEP, FRONT SAILOR ¼ TURN LEFT, STEP PIVOT ½ TURN LEFT, LOCK STEP

2-3 Step left across right, step right to side, (use hips)
4&5 Step left across right, step right to side, make a ¼ turn left, stepping forward left
6-7 Step forward right, pivot ½ turn left
8& Step forward right, step left behind right

REPEAT
