

Marimba Rhythm

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Williams (UK)
音樂: Mucho Mambo (Sway) - Shaft



ROCKS & WEAVES.

1-2 Rock right to right side. Recover onto left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock left to left side. Recover onto right
7&8 Step left behind right, step right to right side, cross left over right

TWISTS & BACK CLAPS

1-2 Swivel heels to left. Swivel heels to right
3&4 Swivel heels to left, to right & back to center
& Step diagonally back on left
5-6 Tap right heel twice.
& Step diagonally back on right
7-8 Tap left heel twice

Steps 1 - 4 should be performed with a swaying movement

BACK CLAPS & SCOOTS

& Step diagonally back on left
1-2 Tap right heel twice
& Step diagonally back on right
3-4 Tap left heel twice
5-6 Rock forward on right. Recover onto left
&7 Scoot back on left & step down on right
&8 Scoot back on right & step down on left

WEAVES & PIVOT TURN

1-2-3 Step back on right turning ¼ turn right. Cross left over right. Step right to right side
&4 Step left beside right & touch right out to right side
5&6 Cross right behind left, step left to left side & cross right over left
7-8 Step left to left turning ¼ turn to left. Pivot ½ turn left on ball of left, stepping back on right

Arms:

1 Click fingers in front of chest
2 Click fingers out to sides.
3 Click fingers in front of chest
4 Flare arms out to sides, fingers spread

SLIDE, HEEL BALL STEP & FULL TURN

& Step left beside right
1 Step back on right bumping hips to right
2 Step back on left bumping hips to left
3&4 Slide right back slightly behind left, touch left heel forward & touch left toe back
5&6 Touch left heel forward, step back in place & step forward on right
7-8 Step forward left, right, making a full turn over right shoulder

HEEL BALL CROSS, ROCK, WEAVE & SWEEP TURN

& Step weight onto left foot
1&2 Touch right heel forward, step right beside left & cross left over right

- 3-4 Rock right to right side. Recover onto left
5&6 Step right behind left, step left to left side & cross right over left.
7-8 Touch left toe diagonally forward to left. Sweep left round beside right making $\frac{1}{2}$ turn left

ROCKS & TRIPLE STEPS

- 1-2 Rock forward on right. Recover onto left
3&4 Triple step on the spot right, left, right
5-6 Rock forward on left. Recover onto right
7&8 Triple step turning $\frac{1}{4}$ turn left stepping left, right, left

STOMPS, CLAPS & BODY ROLL

- 1-2 Stomp forward on right. Clap hands once
&3 Step forward on left and hitch right knee
&4 Clap hands twice
5-6 Stomp right forward. Hold for one count
7-8 Push head forward, followed by shoulders and rest of body (forward body roll) over 2 counts

REPEAT
