

Mojo

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK)
音樂: Are You Ready to Ride? - Sarah Connor



SYNCOPATED TOE TOUCHES, KNEE HITCH & CROSS, CHASSE LEFT, SYNCOPATED ROCK STEPS

1& Touch right toe out to right side, step right beside left
2& Touch left toe out to left side, step left beside right
3&4 Touch right toe out to right side, hitch right knee across left leg, cross step right over left
5&6 Step left to left side, close right beside left, step left to left side
7&8 Rock back on right, rock forward on left, rock back on right (use your hips)

CROSS, SIDE, BEHIND & CROSS, ¼ TURN RIGHT, ½ TURN RIGHT, SIDE ROCK ¼ TURN RIGHT, RECOVER

1-2 Cross step left over right, step right to right side
3&4 Cross left behind right, step right to right side, cross step left over right
5-6 Turn ¼ turn right stepping forward on right, turn ½ turn right stepping back on left
7-8 Turn ¼ turn right rocking right out to right side, recover weight on left (facing 12:00)

CROSS, HOLD, CHASSE LEFT, RIGHT COASTER ¼ TURN RIGHT, FORWARD ROCK, HOOK

1-2 Cross step right over left, hold
3&4 Step left to left side, close right beside left, step left to left side
5&6 Turn ¼ turn right stepping back on right, step left beside right, step forward on right
7-8 Rock forward on left, rock back on right
& Hook left heel across right shin (facing 3:00)

LEFT SHUFFLE FORWARD, RIGHT FORWARD MAMBO, TOUCH-BACK-TOUCH, CROSS, UNWIND ½ TURN RIGHT

1&2 Left shuffle forward stepping left, right, left
3&4 Rock forward on right, rock back on left, step back on right
5&6 Touch left toe out to left side, step left directly behind right heel, touch right toe out to right side
7-8 Cross right behind left, unwind ½ turn right (weight on right) (facing 9:00)

LEFT SHUFFLE FORWARD, RIGHT FORWARD MAMBO, TOUCH-BACK-TOUCH, CROSS, UNWIND ½ TURN RIGHT

1-8 Repeat above counts 1-8 (now facing 3:00)

TOE TOUCH, HEEL FLICK ¼ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, TRIPLE ½ TURN RIGHT, RIGHT COASTER

1-2 Touch left toe forward, flick left heel up and back turning ¼ turn right
3-4 Step forward on left, pivot ½ turn right
5&6 Left triple step turning ½ turn right stepping left, right, left
7&8 Step back on right, step left beside right, step forward on right (facing 6:00)

STOMP, HOLD-LOOKING ¼ RIGHT, HEEL SWIVELS ¼ TURN RIGHT, RIGHT MAMBO BACK, LEFT SIDE MAMBO

1-2 Stomp forward on left, hold for 1 count: turning head ¼ right
3&4 Swivel heels left, swivel heels right, swivel heels left turning ¼ turn right, (weight on left)
5&6 Rock back on right, rock forward on left, step forward on right
7&8 Rock left out to left side, recover weight on right, step forward on left (facing 9:00)

PADDLE TURN ¼ TURN LEFT X 4, CROSS & BEHIND, SWEEP, BEHIND & CROSS

- 1& Turn ¼ turn left touching right toe out to right side, recover weight on left
- 2& Turn ¼ turn left touching right toe out to right side, recover weight on left
- 3& Turn ¼ turn left touching right toe out to right side, recover weight on left
- 4& Turn ¼ turn left touching right toe out to right side, recover weight on left
- 5&6 Cross step right over left, step left to left side, cross right behind left
- & Sweep left out and around behind right
- 7&8 Cross left behind right, step right to right side, cross step left over right (facing 9:00)

REPEAT
