

Montego Bay

拍數: 56 牆數: 1 級數: Intermediate
編舞者: Scott Turpin (USA) & Yvonne Johnson
音樂: Montego Bay - Henry Kapono



RIGHT HEEL BALL CROSS, ROCK RETURN, TWO SAILOR SHUFFLES

- 1&2 Touch right heel forward, step right foot next to left foot (shift weight to right), step left foot over right foot and weight on left foot
3-4 Rock right on right foot, rock return to left foot
5&6 Step right foot behind left foot, shift weight to left foot, step right foot to right
7&8 Step left foot behind right foot, shift weight to right foot, step left foot to left

SYNCOPATED VINE, MAMBO TURN, KICK-BALL-CHANGE

- 1-2 Step right foot to right, step left foot behind right foot
&3-4 Step right foot back, step left foot over right foot, step right foot forward
5&6 Step left foot forward, pivot turn right weighting on right foot, step left foot forward and weight
7&8 Kick right foot forward, step right foot next to left foot, place weight on left foot

SYNCOPATED VINE, MAMBO TURN, KICK-BALL-CHANGE

- 1-2 Step right foot to right, step left foot behind right foot
&3-4 Step right foot back, step left foot over right foot, step right foot forward
5&6 Step left foot forward, pivot turn right weighting on right foot, step left foot forward and weight
7&8 Kick right foot forward, step right foot next to left foot, place weight on left foot

REPEAT FIRST EIGHT (8) COUNTS: HEEL-BALL-CROSS/ROCK RETURN/SAILOR SHUFFLES, "CUBAN" WALK FORWARD, ROCK STEP, RIGHT ¾ SHUFFLING TURN RIGHT

- 1-4 Step right, left, right, left
5-6 Rock forward on right foot, return weight to left foot
7&8 Shuffle ¾ turn, right-left-right, to the right

"CUBAN" WALK FORWARD, ROCK STEP, LEFT ¾ SHUFFLING TURN LEFT

- 1-4 Step left, right, left, right
5-6 Rock forward on left foot, return weight to right foot
7&8 Shuffle ¾ turn, left-right-left, to the left

LEFT HEEL JACK, SHUFFLE RIGHT, TOUCH, RIGHT HEEL JACK, SHUFFLE LEFT, TOUCH

- &1&2 Step back on right, touch left heel forward, step left next to right, (shift weight to left), touch right toe next to left foot
3&4 Shuffle right: right-left-right ending by touching left toe next to right foot
&5&6 Step back on left, touch right heel forward, step right next to left, (shift weight to right), touch left toe next to right foot
7&8 Shuffle left: left-right-left ending by weighting on the left foot

CROSS TURN, OUT-OUT, IN-IN, CROSS TURN, OUT-OUT, IN-IN

- 1-2 Cross right foot over left foot, turn ½ turn left, weighting on left foot
&3&4 Step right foot to right, step left foot to left, step right foot to center, step left foot next to right foot
5-6 Cross right foot over left foot, turn ½ turn left, weighting on left foot
&7&8 Step right foot to right, step left foot to left, step right foot to center, step left foot next to right foot

REPEAT

TAGS

At the end of the 2nd 64 count set, and the 3rd 64 count set, chug step(s) (with attitude) 16 counts turning left and ending back at the beginning wall
