

Muchacha

拍數: 32 牆數: 4 級數: Improver samba
編舞者: Kelli Haugen (NOR)
音樂: Cha Cha - Chelo



FORWARD MAMBO WALK, BACK MAMBO WALK TWICE

1a2 Step forward on right foot, rock to left side on left foot, recover on right foot
3a4 Step back on left foot, rock to right side on right foot, recover on left foot
5a6 Repeat steps 1a2
7a8 Repeat steps 3a4

CROSS, BACK, & CROSS & CROSS, HIP SWAYS

1-2 Cross right foot over left foot, step back on left foot
a3 Step to right side on right foot, cross left foot over right foot
a4 Step to right side on right foot, cross left foot over right foot
5-6 Step to right side on right foot, shift weight to left foot
7-8 Shift weight to right foot, shift weight to left foot (knees bent for counts 7, 8)

Sway hips left, right, left, right on counts 5-8

ROCK BACK, FULL PADDLE TURN, MAMBO FORWARD, LOCK BACK

a1 Rock back on right foot, recover on left foot
a2 Step forward on right foot, 1/3 turn left on left foot
a3 Step in place on right foot, 1/3 turn left on left foot
a4 Step in place on right foot, 1/3 turn left on left foot
5a6 Rock forward on right foot, recover back on left foot, step back on right foot
7a8 Back lock step left foot, right foot, left foot

MAMBO BACK, MAMBO WALK, CROSS, UNWIND, COASTER STEP

1a2 Rock back on right foot, recover forward on left foot, step forward on right foot
3a4 Step forward on left foot, rock to right side on right foot, recover on left foot
5-6 Cross right foot over left foot, unwind $\frac{3}{4}$ turn to left (ending with weight on right foot)
7a8 Step back on left foot, step right foot next to left foot, step forward on left foot

REPEAT
