

Pick Me Nigel

拍數: 44 牆數: 4 級數: Improver
編舞者: Craig Cooke (UK)
音樂: Pure And Simple - Hear'Say



The choreographer was age 15 when this dance was created.

MAMBO ROCKS

1&2 Rock out to right side onto right foot, rock back onto left & touch right beside left
3&4 Rock out to left side onto left foot, rock back onto right & touch left beside right
5&6 Rock forward on right, rock back onto left, step right beside left
7&8 Rock back onto left foot, rock forward onto right foot, step left beside right

CHASSE ¼ TURN, ½ TURN RIGHT JUMP & STOMP

9& Step right to right side, close left beside right
10 Step right making ¼ turn to right
11&12 Step left foot forward making ½ pivot turn to right side
13-14 Jump back onto right, jump forward onto left and touch right beside left (with no weight)

WEAVES LEFT & RIGHT

1&2 Step left to left side, cross right behind left, step left to left side
3-4 Cross right over left, point left to left side (hold for one beat)
5&6 Step right to right side, cross left behind right, step right to right side
7-8 Cross left over right, point right to right side (hold for two beats)

LEFT SAILOR STEP, ¼ TURN TO RIGHT, ½ PIVOT TURN TO RIGHT SIDE, RIGHT LOCK STEP, LEFT MAMBO ROCK FORWARD

1&2 Cross left behind right, step right to right side, stepping ¼ turn to your right side
3&4 Step left foot forward and pivot ½ turn to right side
5&6 Step forward on right foot, lock left behind right, step forward on right
7&8 Rock forward on left, back on right. Step left beside right

MAMBO TO RIGHT SIDE, LEFT SHUFFLE FORWARD, ½ PIVOT TURN LEFT, RIGHT LOCK STEP

9&10 Rock out to right side on right foot, rock back onto left foot, touch right beside left
11-12 Step forward on left foot, close right beside left, step forward onto left foot
13&14 Step forward right and make a ½ pivot turn to the left
15&16 Step forward right, lock left behind right, step forward onto right foot

MAMBO TO LEFT SIDE, RIGHT SHUFFLE FORWARD, ½ PIVOT TURN TO LEFT, LEFT LOCK STEP

17-18 Rock to left side onto left foot, rock back onto right foot and touch left beside right
19-20 Step forward onto right foot, close right beside left, step forward left
21&22 Step left forward, pivot ½ turn to the right side
23&24 Step forward onto left foot, lock right behind left, step forward right

REPEAT