

So Scandalous

拍數: 64 牆數: 0 級數:
編舞者: Zandra Varnham (SCO) & Stefanie Varnham
音樂: Scandalous - Mis-Teeq



WALK, WALK, MAMBO, MASH POTATO TWICE LEFT COASTER STEP

- 1 Walk forward right
- 2 Walk forward left
- 3&4 Mambo forward - rock forward on right step down on left and step back right
- 5 Left leading mash potato back
- 6 Right leading mash potato back
- 7&8 Back left coaster - back on left, back on right, forward on left

MONTEREY TURN, ROCK AND CROSS, SYNCOPATED WEAVE

- 1 Point right toe to right side
- 2 Full turn over right shoulder (Monterey turn)
- 3&4 Rock left to left side, step down on right and cross left over right
- 5 Step right to right side
- 6 Step left behind
- & Step down on right
- 7 Cross left in front of right
- 8 Step right to right step

COASTER STEP, SHUFFLE, MAMBO, STEP BACK, SLIDE LEFT

- 1&2 Back left coaster step - step back on left, step back on right step forward on left
- 3&4 Right shuffle step - step right forward on right bring left next to right, step forward right
- 5&6 Left mambo step- rock forward on left step down on right, rock back on left
- 7 Step back right
- 8 Slide left foot next to right

STEP, WALK, WALK, TRIPLE ½ TURN, TRIPLE FULL TURN, COASTER STEP

- & Step on left foot
- 1 Walk forward right
- 2 Walk forward left
- 3&4 Triple ½ turn left - stepping right, left, right
- 5&6 Triple full turn right - stepping left right left
- 7&8 Back right coaster step - step back on right, step back on left, step forward on right

POINT, HITCH, LEFT SHUFFLE, MAMBO RIGHT ¼ TURN, FULL TRIPLE TURN

- 1 Point left toe to left side 2 hitch left leg up while tilting head back
- 3&4 Left shuffle step - stepping left, bringing right next to left stepping forward right
- 5&6 Mambo forward right stepping back ¼ turn right on the right
- 7&8 Full triple turn over right shoulder- stepping left, right, left

COASTER STEP, WALK, WALK, POINT HITCH X3, KICK LEFT

- 1&2 Back right coast step - step back right, step left next to right, step forward right
- 3 Walk left forward
- 4 Walk right forward
- 5 Point left toe forward
- & Hitch and ¼ turn right
- 6 Point left toe forward

- & Hitch and ½ turn right
- 7 Point left toe forward
- & Hitch and half turn right
- 8 Kick left foot forward

CROSS BACK STEP, TOUCH, KICK BALL CROSS, ROCK AND CROSS TWICE

- 1 Cross step left foot over right
- & Step back on right foot
- 2 Step left foot to left side
- & Touch right toe next to left foot
- 3 Kick right foot forward
- & Step down on right foot
- 4 Cross step weight onto left foot - kick ball cross
- 5 Rock right foot to right side
- & Step down on left
- 6 Cross step right over left
- 7 Rock left foot to left side
- & Step down on right foot
- 8 Cross step left foot over right

SYNCOPATED RIGHT WEAVE, MONTEREY, ROCK AND CROSS, STEP, STEP

- 1 Side step to the right
- 2 Step left behind
- & Step right foot down
- 3 Step left foot in front of right
- 4 Touch right toe out to right side
- 5 ½ Turn sweep round right - Monterey turn
- 6&7 Rock left foot to left side, step down on right, cross left foot over right
- 8 Step right foot to right side
- & Step down on left foot

REPEAT

TAG

Happens on third time round after count 48 on the left kick shuffle left, shuffle right, mambo right, mambo left, arms

- 1&2 Shuffle forward left - step forward left, bring up to right to left, step forward left
- 3&4 Shuffle forward right - step forward right, bring left up to right, step forward right
- 5&6 Mambo forward on left - rock forward on left, step down on right rock back on left
- 7&8 Mambo back on right - rock forward on right, step down on left rock back on right

Repeat 4 times

Then for 4 counts stand still weight even over both feet

- 1 Throw both arms to left side
 - 2 Throw both arms to the right
 - 3 Bring both into your chest bringing elbows down
 - 4 Stretch both hands up in the air
-