

Stuck

拍數: 32 牆數: 4 級數: Beginner
編舞者: Georgina Hefferman (UK) & Nicola Pickett (UK)
音樂: Can't Get Nowhere - The Tractors



MAMBO RIGHT, MAMBO LEFT, TOE STRUTS X 4

1&2 Rock on right foot to right side, rock back on left to left side, step right next to left
3&4 Rock on left foot to left side, rock on right foot to right side, step left next to right
5-8 Toe strut forward right, left, right, left

TOE, TURN, MAMBO LEFT, MAMBO RIGHT, TOE STRUT TWICE

9-10 Touch right toe back, ½ turn right taking weight onto right foot
11&12 Step left foot to left side. Rock on right foot to right side, step left next to right
13&14 Rock on right foot to right side, rock on left foot to left side, step right next to left
15-16 Toe strut forward left, right

TOE STRUT TWICE, ½ TURN, MAMBO FORWARD & BACK

17-18 Toe strut forward left, right
19-20 Touch left toe back, ½ turn left taking weight onto left foot
21&22 Rock forward right, back left, step right beside left
23&24 Rock back left, rock forward right, step left beside right

KICKS, COASTER, KICKS, CHA-CHA TURN ¼ LEFT

25-26 Kick right foot forward twice
27&28 Step back onto right, step left beside right, step forward right
29-30 Kick left foot forward twice
31&32 Step left to left making ¼ turn left, step right beside left, step left beside right

REPEAT
