

Island Rhythm

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sylvia Schell (USA)
音樂: Al Ritmo De Le Vida - OV7



KICKBALL, CROSS, KICKBALL, CROSS, TOUCH FORWARD, SIDE, RIGHT SAILOR STEP

1&2 (Moving right diagonally) kick right forward, step on right ball, step left in front of right
3&4 (Moving right diagonally) kick right forward, step on right ball, step left in front of right
5-6 Touch right toe forward, touch right toe to right side
7&8 Step right foot behind, step left beside right, step right to right side

KICKBALL, CROSS, KICKBALL, CROSS, TOUCH FORWARD, SIDE, ¼ TURN SAILOR STEP

1&2 (Moving left diagonally) kick left forward, step on left ball, step right in front of left
3&4 (Moving left diagonally) kick left forward, step on left ball, step right in front of left
5-6 Touch left toe forward, touch left toe to left side
7&8 Stepping behind with the left, turn ¼ turn to left, step right foot beside left, step left to left

ROCK, RECOVER, SHUFFLE BACK, TOUCH, ½ TURN, SHUFFLE BACK

1-2 Rock forward on right, recover on left
3&4 Shuffle back right (right, left, right)
5-6 Touch left toe behind right, turn ½ turn left (weight goes to left)
7&8 Shuffle back right (right, left, right)

LEFT MAMBO, RIGHT MAMBO, BIG STEP LEFT, SLIDE, & STEP

1&2 Rock left foot to left, recover on right, step left beside right
3&4 Rock right foot to right, recover on left, step right beside left
5-6-7 Big step left with left, on counts 6-7, slowly drag right to left
&8 (&) Rock back on right ball, recover on left in place

REPEAT
