

Hope

拍數: 48 牆數: 4 級數: Beginner
編舞者: Nancy Morgan (USA)
音樂: Hope - Shaggy



FORWARD MAMBO, BACK MAMBO, TOUCH SIDE AND SIDE AND CROSS, ½ TURN

1&2 Step forward on right; lifting left, step on left, put right next to left
3&4 Step back on left; lifting right, step on right, put left next to right
5&6 Touch right to right side, put right next to left, touch left to left side
7&8 Put left next to right, cross right over left, turn ½ turn to left

FORWARD MAMBO, BACK MAMBO, TOUCH SIDE AND SIDE AND CROSS, ½ TURN

1&2 Step forward on right; lifting left, step on left, put right next to left
3&4 Step back on left; lifting right, step on right, put left next to right
5&6 Touch right to right side, put right next to left, touch left to left side
7&8 Put left next to right, cross right over left, turn ½ turn to left

SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP, STEP, ½ TURN

1&2 Shuffle forward - right, left, right
3-4 Rock forward on left and back on right
5&6 Coaster step - step back on left, step back on right, step forward on left
7-8 Step forward on right, turn ½ turn to left (weight is on left)

SHUFFLE FORWARD, FORWARD ROCK, COASTER STEP, STEP, ½ TURN

1&2 Shuffle forward - right, left, right
3-4 Rock forward on left and back on right
5&6 Coaster step - step back on left, step back on right, step forward on left
7-8 Step forward on right, turn ½ turn to left (weight is on left)

VINE TWO, SIDE SHUFFLE, HEEL AND HEEL AND HEEL AND STEP

1-2 Step forward on right, step left behind
3&4 Side shuffle to right - right, left, right
5&6 Put left heel forward, put left next to right, put right heel forward
&7&8 Put right next to left, put left heel forward, put left next to right, step slightly forward on right

VINE TWO, SIDE SHUFFLE, HEEL AND HEEL AND ¼ TURN HEEL AND STEP

1-2 Step forward on left, step right behind
3&4 Side shuffle to left - left, right, left
5&6 Put right heel forward, put right next to left, put left heel forward
&7&8 Put left next to right, turn ¼ turn to your right as you put right heel forward, put right next to left, step slightly forward on left

REPEAT
