

Havana

拍數: 32 牆數: 4 級數: Improver
編舞者: Annette Martin (USA)
音樂: Satellite - Santana



MAMBO FORWARD RIGHT, MAMBO BACK LEFT, MAMBO FORWARD RIGHT, MAMBO BACK LEFT

1&2 Rock forward on right foot, recover weight back to left foot, step right foot next to left
3&4 Rock back on left foot, recover weight back to right foot, step left foot next to right
5&6 Rock forward on right foot, recovery weight back to left foot, step right foot next to left
7&8 Rock back on left foot, recover weight back to right foot, step left foot next to right

STEP ½ TURN LEFT AND STEP, STEP ½ TURN RIGHT AND STEP, SIDE SHUFFLE RIGHT, LEFT, RIGHT WITH ¼ TURN RIGHT, LOCK STEP BACK LEFT, RIGHT, LEFT

1&2 Step right foot forward ½ turn left stepping right foot forward
3&4 Step left foot forward ½ turn right stepping left foot forward
5&6 Side shuffle right turning ¼ turn to the right
7&8 Lock step back left, right, left

RIGHT KNEE SWIVEL IN-OUT-IN, CROSSOVER SHUFFLE RIGHT, LEFT, RIGHT; LEFT KNEE SWIVEL IN-OUT-IN, CROSSOVER SHUFFLE LEFT, RIGHT, LEFT

1-2 Turn right knee in towards left knee and swivel right knee out
3&4 Crossover shuffle right foot over left
5-6 Turn left knee in towards right knee and swivel left knee out
7&8 Crossover shuffle left foot over right

MAMBO CROSS RIGHT OVER LEFT, MAMBO CROSS LEFT OVER RIGHT, ROCK FORWARD ON RIGHT, STEP BACK ON LEFT, ROCK FORWARD ON RIGHT, STEP RIGHT ½ TURN, STEP LEFT NEXT TO RIGHT

1&2 Rock right foot to right side, recover weight on left, step right foot across left foot
3&4 Rock left foot to left side, recover weight on right, step left foot across right foot
5&6 Rock right foot forward, recover weight on left, rock right foot forward
7&8 Step forward on left making ½ turn right, step left foot next to right

REPEAT
