

He Cheats

拍數: 32 牆數: 4 級數: Improver mambo
編舞者: Linda Jroski (USA)
音樂: Before He Cheats - Carrie Underwood



-
- | | |
|-----|--|
| 1&2 | Rock right to side, recover on left, cross right over left |
| 3&4 | Rock left to side, recover on right, cross left over right |
| 5&6 | Step right to side, cross left behind right, turn ¼ right and step right forward |
| 7&8 | Step left to side, step right together, step left to side |
| | |
| 1&2 | Kick right forward, step right together, step left in place |
| 3&4 | Step right back, step left together, step right back |
| 5&6 | Step left back, step right together, step left forward |
| 7-8 | Step right forward, turn ½ left (weight to left) |
| | |
| 1-2 | Touch right toe to side, cross right behind left |
| 3-4 | Touch left toe to side, cross left behind right |
| 5-6 | Touch right toe to side, cross right behind left |
| 7&8 | Step left forward, step right together, step left forward |
| | |
| 1-2 | Step right forward, turn ½ left (weight to left) |
| 3&4 | Rock right forward, recover on left, step right together |
| 5&6 | Rock left forward, recover on right, step left together |
| 7-8 | Sway hips right, sway hips left |

REPEAT
