

El Bacalao

拍數: 32 牆數: 4 級數: Improver
編舞者: Jos Slijpen (NL)
音樂: El Bacalao - Julio Iglesias



MAMBO RIGHT, MAMBO LEFT, FORWARD SHUFFLE RIGHT, FORWARD MAMBO

8&1 Rock right out to right side, recover weight on left, step right beside left
2&3 Rock left out to left side, recover weight on right, step left beside right
4&5 Shuffle forward stepping right-left-right
6&7 Rock forward left, recover weight on right, step left beside right (facing 12:00)

BACK SHUFFLE RIGHT, TRIPLE ¾ TURN LEFT, MAMBO RIGHT, MAMBO LEFT

8&1 Shuffle back stepping right-left-right
2&3 Left triple step on the spot turning ¾ turn left stepping left-right-left
4&5 Rock right out to right side, recover weight on left, step right beside left
6&7 Rock left out to left side, recover weight on right, step left beside right (facing 3:00)

SIDE SHUFFLE ¼ TURN RIGHT, SHUFFLE ½ TURN RIGHT, SAILOR STEP TWICE

8&1 Step right to right side, close left beside right, make a ¼ turn right stepping forward right
2&3 Make in the shuffle ½ turn right stepping left-right-left (facing 12:00)
4&5 Step right behind left, step left to left side, step right to right side
6&7 Step left behind right, step right to right side, step left to left side

FORWARD SHUFFLE RIGHT, FORWARD MAMBO LEFT, TRIPLE ¾ TURN RIGHT, FORWARD SHUFFLE LEFT

8&1 Step forward right, step left beside right, step forward right
2&3 Rock forward left, recover weight on right, step left beside right
4&5 Right triple step on the spot turning ¾ turn right stepping right-left-right
6&7 Step forward left, close right beside left, step forward left (facing 9:00)

REPEAT
