

C-Legs

拍數: 32 牆數: 4 級數: Improver
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音樂: La Bomba - King Africa



MAMBO X3 STEP LOCK STEP

1&2 Step left to left, rock on to right, step left next to right
3&4 Step right to right, rock on to left, step right next to left
5&6 Step forward on left, rock back on right, step left next to right
7&8 Step back on right, lock left across right, step back on right

MAMBO ¼ TURN ½ TURN, CROSS SHUFFLE, KICK OUT OUT

1&2 Step back on left, rock forward on right, step forward on left
3&4 Step forward on right, making a ¼ turn left, step left behind right making a ½ turn left
5&6 Step right across left, step left to left, step right across left
7&8 Kick left forward, step left to left, step right to right

HIP BUMPS, JUMPS, CLAP TWICE

1-2 Bump hips left, right
3&4 Bump hips left, right, left. (or push hips forward, back, forward, back. 1-4)
&5&6 Jump forward right, left, clap
&7&8 Jump forward right, left, clap. (or 4 jumps forward with legs apart, right, left, right, left, right, left, right, left, shimmying shoulders)

WEAVE, FLICK, WEAVE, STOMP, STOMP

&1&2 Step left across right, step right to right, step left behind right
&3&4 Step right to right, step left across right, flick right behind & out to right (alternative sweep right round from behind to front)
5&6 Step right across left, step left to left, step right behind left
&7 Step left to left, step right across left
&8 Stomp left next to right, stomp right next to left

REPEAT