

# Amambanda!

拍數: 64      牆數: 4      級數: Improver  
編舞者: Elke Weinberger (NL) & Illona Kloeckner (NL)  
音樂: Amambanda - Treble



Start dance after 32 counts (on second vocals) at time track 00:19

## HEEL, CROSS HEEL STAND, BACK, SIDE, HEEL, CROSS HEEL STAND, BACK, HEEL, "SIT", HIP SWING, RECOVER

- 1&            Touch right heel forward towards right diagonal, cross tap right heel over left with weight standing on it  
2&            Step left back, step right to right  
3&            Touch left heel forward towards left diagonal, cross tap left heel over right with weight standing on it  
4&            Step right back, touch left heel towards left diagonal  
5             With left heel tapped diagonally, "sit" on right  
6-7          Swing hips forward and up onto left, swing hips back and down onto right  
8             Recover to upright position (weight remains on right)

On counts 5-8, place hands on thighs for better styling

## COASTER STEP, ½ LEFT TURN, COASTER STEP, FORWARD MAMBO, BACK MAMBO TOUCH

- 9&10          Step left back, step right beside left, step left forward  
11&12        Execute ½ turn left and then step right back, step left beside right, step right forward  
13&14        Rock left forward, recover weight onto right, step left beside right  
15&16        Rock right back, recover weight onto left, touch right toes beside left

## SAMBA WHISK INTO TRAVELING VOLTAS, SIDE, ½ LEFT TURN, SIDE ROCK, RECOVER, SAILOR STEP

- 17&18        Slide right to right (taking a long step), rock left behind right, recover weight onto right  
&19&20       Step left to left, cross right over left, step left to left, cross right over right  
21&22        Step left to left, execute ½ turn left and then rock right to right, recover weight onto left  
23&24        Cross right behind left, step left to left, step right to right

## ½ LEFT TURN, SAMBA WHISK INTO TRAVELING VOLTAS, SIDE, ½ RIGHT TURN, SIDE ROCK, RECOVER, SAILOR-TOUCH

- 25&26        Execute ½ turn left and then slide left to left (taking a long step), rock right behind left, recover weight onto left  
&27&28       Step right to right, cross left over right, step right to right, cross left over right  
29&30        Step right to right, execute ½ turn right and then rock left to left, recover weight onto right  
31&32        Cross left behind right, step right to right, touch left toes beside right

## ¾ RIGHT TURN, MODIFIED TWINKLE PATTERN, HIP THRUSTS, CROSS SHUFFLE

- 33&34        Step left back, execute ½ turn right and then step right forward, execute another ¼ turn right and then slide left to left (taking a long step)  
35&36        Cross right over left, rock weight onto ball of left to left, recover weight onto right  
&37            Rock weight onto ball of left again as you thrust hips up, recover weight onto right  
&38            Rock weight onto ball of left again as you thrust hips up, recover weight onto right  
39&40        Cross left over right, step right to right, cross left over right

## ½ RIGHT TURN, CROSS SHUFFLE, ¼ LEFT TURNING BOXES, FORWARD LOCK STEPS

- 41&42        Execute ½ turn right and then cross right over left, step left to left, cross right over left  
43&44        Execute ¼ turn left and then step left forward, step right to right, step left beside right

45&46 Execute ¼ turn left and then step right back, step left to left, step right beside left  
47&48 Step left forward, lock step right behind left, step left forward

**SYNCOPATED WEAVE, SIDE SHUFFLE, ½ RIGHT TURN, FORWARD DOROTHY STEPS**

49&50& Cross right over left, step left to left, cross right behind left, step left to left  
51&52 Cross right over left, step left to left, cross right behind left  
53&54 Step left to left, step right beside left, step left to left  
55-56& Execute ½ turn right and then slide right forward (taking a long step), lock step left behind right, step right forward

**FULL RIGHT PIVOT TURN, COASTER STEP, PIVOT ½ LEFT TURN, LOCK STEP FORWARD, FORWARD SKATES**

57&58 Step left forward, pivot ½ turn right (weight ends on right), execute another ½ turn right and then step left back  
59&60 Step right back, step left beside right, step right forward  
61&62 Pivot ½ turn left (weight ends on left), lock step right behind left, step left forward  
63-64 Skate forward on right, left

**REPEAT**

**RESTART**

**On the 3rd rotation, dance till the 16th count and start dancing 4th rotation from count 1 facing 12:00**

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