

Alabao

拍數: 32 牆數: 4 級數: Improver
編舞者: Tracy Simnett (UK)
音樂: Alabao - Enrique Iglesias



HEEL TWISTS LEFT, RIGHT, LEFT, FLICK HOOK, SHUFFLE RIGHT

1&2 Twist heels left, right, left
&3 Flick hook right foot to left knee, turning slightly diagonal right, step forward right
&4 Step left behind right, step right slightly forward (straightening up)

HEEL TWISTS RIGHT, LEFT, RIGHT, FLICK HOOK, SHUFFLE LEFT

5&6 Twist heels right, left, right
&7 Flick hook left foot to right knee, turning slightly diagonal left, step forward left
&8 Step right behind left, step right slightly forward (straightening up)

SKATE RIGHT, LEFT, SHUFFLE RIGHT, SKATE LEFT, RIGHT, SHUFFLE QUARTER TURN LEFT

9-10 Skate right to right, skate left to left (moving slightly forward)
11&12 Step right to right side, step left behind, step right forward
13-14 Skate left to left, skate right to right (moving slightly forward)
15&16 Step left quarter turn left, step right behind, step left forward

MAMBO ROCK FORWARD, MAMBO ROCK BACK, ROCK-QUARTER TURN LEFT, CROSS, GRAPEVINE & POINT

17&18 Rock right forward, rock back onto left, rock, step right next to left
19&20 Rock left back, rock forward right, step left next to right
21&22 Rock forward on right quarter turn left, rock back onto left, cross right over left
23&24 Step left to left side, cross right behind left, point left toe out to left side

CROSS UNWIND FULL TURN, SIDE ROCK, WEAVE, POINT FLICK & QUARTER TURN, STOMP

25-26 Cross right over left, unwind full turn
27&28 Rock left out to left side, rock onto right, step left to right
29& Step right out to right side, step left behind right
30& Step right out to right side, cross left in front of right
31& Point right out to right side, flick right foot back pivoting quarter turn to the right on ball of left foot
32 Stomp right next to left

REPEAT