

Action Man

拍數: 68 牆數: 4 級數: Improver
編舞者: Annette Wright (UK)
音樂: A Little Less Conversation (Radio Edit Remix) - Elvis & JXL



MAMBO BASIC FORWARD, BACK ROCK, SIDE ROCK, CROSSING SHUFFLE

1&2 Step forward on right, push weight back onto left, step right beside left
3-4 Step back to rock on left, rock forward onto right
5-6 Step left to side to rock, rock onto right in place
7&8 Left step across over right, right step to right, left step across over right

GRAPEVINE, TOE TOUCH, ½ PIVOT TURN TO RIGHT, MAMBO BASIC FORWARD

9-10 Step right to right side, cross left behind right
11-12 Step right to right side, touch left toe beside right
13-14 Step forward on left, pivot ½ turn right onto right
15&16 Step forward on left, push weight back onto right, step left beside right

MAMBO BASIC FORWARD, BACK ROCK, SIDE ROCK, CROSSING SHUFFLE

17-24 Repeat all counts from 1-8

GRAPEVINE, TOE TOUCH, ½ PIVOT TURN TO RIGHT, MAMBO BASIC TO SIDE

25-30 Repeat all counts from 9-14
31&32 Step left to left side, push weight onto right in place, step left beside right

SIDE SHUFFLE, ½ TURNING SHUFFLE TO RIGHT, ½ TURNING SHUFFLE TO LEFT, ROCK STEP

33&34 Step right to right side, slide left towards right, step right to right side
35&36 Make a ½ turn to right as left steps to left, slide right towards left, step left to left
37&38 Make a ½ turn to left as right steps to right, slide left towards right, step right to right
39-40 Step left back to rock, rock forward onto right

SIDE SHUFFLE, ½ TURNING SHUFFLE TO LEFT, ½ TURNING SHUFFLE TO RIGHT, ROCK STEP

41&42 Step left to left side, slide right towards left, step left to left side
43&44 Make a ½ turn left as right steps to right, slide left towards right, step right to right
45&46 Make a ½ turn to right as left steps to left, slide right towards left, step left to left side
47-48 Step right back to rock, rock forward onto left

PIVOT TURN ½ TO LEFT, PIVOT TURN ¼ TO LEFT/STEP BESIDE, HALF RUMBA BOX, WALK FORWARD

49-50 Step forward right, pivot ½ turn to left
51&52 Step forward right, pivot ¼ turn to left, step right beside left
53&54 Step left to left side, step right beside left, step left forward
55-56 Walk forward on right, walk forward on left

HALF RUMBA BOX FORWARD, WALK FORWARD, HALF RUMBA BOX BACKWARD, ½ TURN RIGHT STEPPING FORWARD RIGHT AND LEFT

57&58 Step right to right side, step left beside right, step right forward
59-60 Walk forward on left, walk forward on right
61&62 Step left to left side, step right beside left, step left backwards
63-64 Make a ½ turn to right stepping forward on right, step forward on left

HIP WIGGLES WITH A LITTLE MORE ACTION

65&66& Step right forward swinging hips to right, left, right, left

67&68& Hip swing to right, left, right, left

REPEAT
