

# 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**

---