

Chanda Mama

拍數: 32 牆數: 4 級數: Beginner
編舞者: Joyce Nicholas (MY) - November 2009
音樂: Chanda Mama - Playing for Change : (Album: Songs Around The World)



Intro: Start dance on vocals after 32 counts

R & L Diagonal Shuffle, R & L Hip Bumps

1&2 Shuffle fwd RLR diagonally to R (Styling: Clasps hand together at chest)
3&4 Shuffle fwd LRL diagonally to L (Styling: Clasps hand together at chest)
5&6 Bump R hip fwd, back, fwd (Styling: Raise hands & push to R twice)
7&8 Bump L hip fwd, back, fwd (Styling: Lower hands & push to L twice)

R & L Scissors, Step ¼ Turn, R Forward Mambo

1&2 Step R to right side, Step L next to right, Cross R over left
3&4 Step L to left side, Step R next to left, Cross L over right
5-6 Step R fwd, ¼ Turn L, and weight on left
7&8 Step R fwd, Recover on L, Step R together

L & R Mambo Steps, Jump Back (x2)

1&2 Rock L to left side, Recover weight on R, Step L beside right
(Styling: Flick fingers to left side)
3&4 Rock R to right side, Recover weight on L, Step R beside left
(Styling: Flick fingers to right side)
&5-6 Lf+Rf jump back (Styling: Hands up & apart at shoulder with palms up)
&7-8 Lf+Rf jump back (Styling: Hands up & apart at shoulder with palms up)

Step ¼ Turn (x2), Heel Bounce

1-2 Step R fwd, ¼ turn L (Styling: Hands apart at shoulder with palms up)
3-4 Step R fwd, ¼ turn L (Styling: Hands apart at shoulder with palms up)
5-8 Bounce R heel 4 times, weight on left
(Styling: Left hand on waist, Right hand bounce from front to side in 4 counts)

START AGAIN

Note: Feel free to add in other styling. Just have fun.....