

Ja Ja Mbo

拍數: 64 牆數: 4 級數: Improver
編舞者: Kenny Teh (MY) - March 2011
音樂: Unspeakable Joy (說不出的快活) - Feng Fei Fei (鳳飛飛)



Sequence of dance: 64, tag, 32, tag, 64, tag, 32, tag, 64, tag, 32, tag, Ending

Start the dance on vocals:

Section A

1, 2, 3&4 Rock L fwd, Recover R, ¼ L turn left chasse LRL (9.00)
5, 6, 7&8 Rock R fwd, recover L, ½ R turn shuffle fwd LRL (3.00)

Section B

1, 2, 3&4 Step L fwd, pivot ½ R turn step on R, ½ R turn shuffle back LRL (3.00)
5, 6, 7&8 Rock R back, Recover L, ¼ R turn Right chasse RLR (12.00)

Section C

1, 2, 3, 4 Cross L over R, step R to R, cross L over R, step R to R
5, 6, 7&8 Cross L over R, touch R twice turning ¼ L turn, flick R back (9.00)

Section D

1, 2, 3&4 Cross R over L, touch L to L, cross L over R, touch R to R
5, 6, 7&8 Rock R fwd, Recover L, ¼ R turn Right chasse RLR (12.00)

Section E

1, 2, 3&4 ¼ R turn Rock L fwd, recover R, ½ L turn shuffle fwd LRL (9.00)
5, 6, 7&8 Rock R fwd, recover L, shuffle back RLR

Section F

1, 2, 3&4 Rock L back, recover R, ½ R turn shuffle back LRL (3.00)
5, 6, 7&8 Rock R back, recover L, ¼ L turn chasse RLR (12.00)

Section G

1, 2, 3, 4 Cross L over R, swing both arms out and over the head
5, 6, 7, 8 Cross R over L, swing both arms out and over the head

Section H

1, 2, 3&4 Rock L fwd, recover, back shuffle LRL
5, 6, 7&8 Rock R back, recover L, shuffle fwd RLR

Tag:

1, 2, 3, 4 Cross L over R, (stretch out both arms sideways) hold for 3 counts
5, 6, 7, 8 Cross R over L facing L diagonal, (Punch R hand up in the air) hold for 3 counts

1, 2, 3, 4 ¼ R turn step back L, (place R hand at right side, bend at elbow) hold for 3 counts
5, 6, 7, 8 ¼ R turn step R to R, (stretch R hand up to R diagonal) hold for 3 counts

1,2,3,4,5 ½ L turn step R, shimmy for 4 counts

Ending: Complete Section A, At Section B dance until count 5 and hold, wait until the singer says " ja ja ambo "

Then ¼ L turn sit on R facing L diagonal and shimmy.....

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