

Mailbox

拍數: 80
編舞者: Jeine Yantle Kilisan - July 2011
音樂: Mailbox - Erni A B

牆數: 4

級數: Phrased Easy Intermediate



Sequence: A(48), A(32), tag, B, A(40) A(48), A(32), tag, B, A(40) A(48), A(8), end
Start after 9 x 8 + 4 counts from the first beat. (76 counts)

Part A – 48 Counts

(A1) TOUCH FWD TWICE, TOUCH BACK TWICE, SIDE, SHIMMY, TOGETHER, CLAP

1 – 2 Touch R heel forward twice
3 – 4 Touch R toes back twice
5 – 6 R step R and shimmy shoulders
7 – 8 Step L together R, clap

(A2) TOUCH FWD TWICE, TOUCH BACK TWICE, SIDE, SHIMMY, TOGETHER, CLAP

1 – 2 Touch L heel forward twice,
3 – 4 Touch L toes back twice
5 – 6 L step L and shimmy shoulders
7 – 8 Step R together L, clap

(A3) SHIMMY SHOULDER/ HIPS, SHUFFLE BACK, BACK COASTER, SHUFFLE FORWARD

1 & 2 R step diagonally R and shimmy shoulders/hips
3 & 4 Shuffle back R, L, R
5&6 Back coaster: L step back, step R together L, step L forward
7&8 Shuffle forward R, L, R

(A4) SHIMMY SHOULDERS/ HIPS, Shuffle BACK, BACK COASTER, FWD , ¼ R TURN, TOGETHER

1&2 L step diagonally L and shimmy shoulders/hips
3&4 Shuffle back L, R, L
5&6 Back coaster: R step back, L step together R, step R forward
7-8 L step forward, ¼ R turn recover on R

Tag here

(A5) SAMBA, SAMBA, JAZZ BOX

1 & 2 Step L over R, R step R, recover on L
3&4 Step R over L, L step L, recover on R
5-6 Step L over R, recover on R
7 – 8 L step L, step R together L

Restart here

(A6) MONTEREY TURN, SWAY UP & DOWN

1 – 2 R point R. ½ R turn step R together L
3 – 4 L point L, step L together R
5 – 6 Sway up
7 – 8 Sway down

Part B – 32 Counts

(B1) FWD SHIMMY, BACK SHIMMY, FWD LOCK STEP

1 – 2 Step R forward diagonally R & shimmy shoulders(lean forward)
3 – 4 Recover on L and shimmy shoulders (lean back)
5 – 6 R step forward, step L behind R
7 – 8 R step forward, L touch by R

(B2) FWD SHIMMY, BACK SHIMMY, FWD LOCK STEP

- 1 – 2 Step L diagonally L & shimmy shoulders (lean forward)
- 3 – 4 Recover on R & shimmy shoulders (lean back)
- 5 – 6 L step forward, step R behind L
- 7 – 8 L step forward, R touch by L

(B3) RIGHT MAMBO, LEFT MAMBO, FWD MAMBO, FWD MAMBO

- 1&2 R step R, recover on L, R step together L
- 3&4 L step L, recover on R, L step together R
- 5&6 R step forward, recover on L, R step together L
- 7&8 L step forward, recover on R, L step together R

(B4) WALK BACK, WALK FWD, TOGETHER, SHIMMY

- 1 – 4 Walk back R, L, R, L touch by R
- 5 – 6 Walk forward L, R
- 7 – 8 Step L together R & shimmy shoulders

Sequence: A(48), A(32), tag, B, A(40) A(48), A(32), tag, B, A(40) A(48), A(8), end

Tag: Jazz box

- 1-2 L over R, recover on R
- 3-4 L step L, R touch by L

End: facing 3.00 wall

- 1-2 L step forward, recover on R
 - 3-4 ¼ L turn L step L, slide R to L & pose
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