

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Sally Hung (TW) - November 2011
音樂: Page One (페이지원) - Ok Joo Hyun (옥주현) & SG Wannabe (워너비)



Start the dance after 32 counts - Sequence of dance:AABAABAB

AI. WALK FORWARD, CROSS MAMBO

1-2 Walk forward right and left
3-4 Walk forward right and left
5&6 Cross mambo on RLR
7&8 Cross mambo on LRL

AII. WALK BACKWARD, CROSS MAMBO

1-2 Walk backward right and left
3-4 Walk backward right and left
5&6 Cross mambo on RLR
7&8 Cross mambo on LRL

AIII. POINT-TOUCH, CROSS-TOUCH, POINT-TOUCH, CROSS MAMBO

1-4 Point right toes diagonal R forward, touch left toes together, Cross left toes behind right, touch right toes together, Point right toes diagonal R forward, touch left toes together
5&6 Cross mambo on LRL
7&8 Cross mambo on RLR

AIV. POINT-TOUCH, CROSS-TOUCH, POINT-TOUCH, CROSS MAMBO

1-4 Point left toes diagonal L forward, touch right toes together, Cross right toes behind left, touch left toes together, Point left toes diagonal L forward, touch right toes together
5&6 Cross mambo on RLR
7&8 Cross mambo on LRL

AV. DRAW HALF A CIRCLE RIGHT AND LEFT, DRAG TOGETHER, BENDING KNEES

1-2 Draw back half a circle with left, draw back half a circle with right
3-4 Drag left back together with right and bending both knees twice
5-6 Draw back half a circle with left, draw back half a circle with right
7-8 Drag left back together with right and bending both knees twice

AVI. STEP TOUCH, STEP TOUCH, 1/4 TURN R, JAZZ BOX

1-2 Step right forward, touch left to left side
3-4 Step left forward, touch right to right side
5-6 Make 1/4 turn R crossing right over left, step back on left
7-8 Step right to right side, step forward on left

BI. MAMBO ROCK

1-2 Rock right forward, recover onto left
3-4 Rock left back, recover onto right
5-6 Rock right to right side, recover onto left
7-8 Rock left to left side, recover onto right

BII. KICK DIAGONAL FORWARD, STEP, ROCK

1&2 Kick right diagonal forward, step right and left in place
3&4 Kick right diagonal forward, step right and left in place

5-6 Rock right hip to left twice(weight on left)
7-8 Rock right hip to left twice(weight on left)

Happy dancing!

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