

Benga, Benga

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sebastiaan Holtland (NL) - September 2012
音樂: Pata Pata (Radio Edit) - DJ Happy Vibes : (Album: Latino Dance Party 2008 - iTunes)



32 count intro, start dancing at (16 sec).

[1-8] Side Step, Together, L Lock Step, Side Step, Together, R Lock Step.

- 1-2 Step Lf to the left, step Rf together.
- 3&4 Step Lf forward, lock Rf behind Lf, step Lf forward.
- 5-6 Step Rf to the right, step Lf together.
- 7&8 Step Rf forward, lock Lf behind Rf, step Rf forward. (12:00)

[9-16] Mambo Step ¼ L, Cross Mambo Step, Cross, Back with Bottom Push, Side, Cross.

- 1&2 Mambo Lf forward, recover on Rf, turn ¼ left (9) step Lf to the left.
- 3&4 Cross mambo Rf forward, recover on Lf, step Rf to the right.
- 5-6 Cross Lf over Rf, Step Rf back and push your butt back.
- 7-8 Step Lf to the left, cross Rf over Lf. (9:00)

[17-24] L Mambo Cucaracha, ¼ L, R Mambo Cucaracha, L Mambo Cucaracha, ¼ L, R Mambo Cucaracha.

- 1&2 Mambo Lf to the left, recover on Rf, step Lf together (with hip movements).
- 3&4 Turn ¼ left (6) mambo Rf to the right, recover on Lf, step Rf together (with hip movements).
- 5&6 Mambo Lf to the left, recover on Rf, step Lf together (with hip movements).
- 7&8 Turn ¼ left (3) mambo Rf to the right, recover on Lf, step Rf together weight onto Rf (with hip movements).

[25-32] Step, Hold, Jump Both Feet Apart Back (Clap), Jump Both Feet Apart ¼ L, Lift, Back, ¼ L, L Point.

- 1-2 Step Rf to the right, Hold.
- &3-4 Jump both feet apart (&3), clap.
- &5-6 Turn ¼ left (12) jump both feet apart (&5), Hold.
- &7-8 Lift R knee up, step Rf back, turn ¼ left (9) point Lf out to left.

Start again and have fun!

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