

Lembe Lembe

拍數: 64 牆數: 4 級數: Phrased Easy Intermediate
編舞者: Luci - November 2013
音樂: "Lembe Lembe" by Grace



Intro : 32 counts - Sequence : A BBB BBB B Tag A BBB BBB AA

A (32 count)

SIDE, TOGETHER, SIDE, TOUCH, BUMP 2X

- 1 – 2 Step R to right side, step L next to R
3 – 4 Step R to right side, touch L next to R
5&6 Step L forward and push L hip forward weight onto L, push R hip back, push L hip forward weight onto L
7&8 Push R hip back weight onto R, push L hip forward, push R hip back weight onto R

BACKWARD ROCKING CHAIR, CLOSE, SMALL HIP SWAY

- 1 – 2 Rock back on L, recover on R
3 – 4 Rock forward on L, recover on R
5 – 6 Step L close next to R and sway, sway
7 – 8 Sway, sway

SIDE, TOGETHER, SIDE, TOUCH, BUMP 2X

- 1 – 2 Step L to left side, step R next to L
3 – 4 Step L to left side, touch R next to L
5&6 Step R forward and and push R hip forward weight onto R, push L hip back, push R hip forward weight onto R
7&8 Push L hip back weight onto L, push R hip forward, push L hip back weight onto L

BACKWARD ROCKING CHAIR, CLOSE, SMALL HIP SWAY

- 1 – 2 Rock back on R, recover on L
3 – 4 Rock forward on R, recover on L
5 – 6 Step R close next to L and sway, sway
7 – 8 Sway, sway

B (32 count)

SIDE, TOGETHER, FORWARD, HITCH, BUMP 2X

- 1 – 2 Step R to right side, step L next to R
3 – 4 Step R forward, hitch on L
5&6 Step L forward and push L hip forward weight onto L, push R hip back, push L hip forward weight onto L
7&8 push R hip back weight onto R, push L hip forward, push R hip back weight onto R

SIDE, TOGETHER, BACKWARD, HITCH, BUMP 2X

- 1 – 2 Step L to left side, step R next to L
3 – 4 Step back on L, hitch on R
5&6 Step back on R and push R hip back (weight onto R), push L hip forward, push R hip back (weight onto R)
7&8 push L hip forward (weight onto L), push R hip back, push L hip forward (weight onto L)

CROSS, ROCK, RECOVER, TOUCH, CROSS, ¼ TURN, SIDE, TOUCH

- 1 – 2 Cross R over L, rock L to left side
3 – 4 Recover on R, touch L next to R and push hip
5 – 6 Cross L over R, ¼ turn left step back on R

7 – 8 Step L to left side, touch R next to L and push hip

CROSS, RECOVER, SIDE, TOUCH, CROSS, RECOVER, SIDE, TOUCH

1 – 2 Cross R behind L, recover on L

3 – 4 Step R to right side, touch on L and push hip

5 – 6 Cross L behind R, recover on R

7 – 8 Step L to left side, touch on R and push hip

TAG : After Wall 7

1 – 2 Cross R over L, step back on L

3 – 4 Step R to right side, touch on L and push hip

5 – 6 Cross L over R, $\frac{1}{4}$ turn left step back on R

3 – 4 Step L to left side, touch on R and push hip

Ending of dance – on the last wall

1 – 2 Step R to right side, step L next to R

3 – 4 Step R to right side, touch L next to R

5 – 6 Turn $\frac{1}{4}$ left step L forward, turn $\frac{1}{4}$ left touch on R.

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