# Alabao (忘情森巴舞) (zh)

**Count:** 32 **Wall:** 2 **Level:** Improver
**Choreographer:** Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - 2008年02月
**Music:** Alabao - Enrique Iglesias

前奏： on vocals 唱歌起跳

**第一段 Touch side R, touch in place, touch side R, R shuffle (repeat with L) 右足側點, 原地點, 右足側點, 右交換步(換左足重覆做)**

1&2 Touch R side R, touch R in place, Touch R side R
右足右點, 右足併點, 右足右點

3&4 R shuffle fwd 右前交換步

5&6 Touch L side L, touch L in place, Touch L side L
左足左點, 左足併點, 左足左點

7&8 L shuffle fwd 左前交換步

**第二段 Mambo turn ½ L, mambo turn ¼ R, mambo turn ½ L, mambo turn ¼ R**
**左轉1/2曼波, 右轉1/4曼波, 左轉1/2曼波, 右轉1/4曼波**

1&2 Step R fwd, pivot ½ L (6 O'Clock) , step R slightly fwd
右足前踏, 左轉180度(6點鐘), 右足略前踏

3&4 Step L fwd, pivot ¼ R (9 O'Clock), step L slightly fwd
左足前踏, 右轉90度(9點鐘), 左足略前踏

5&6 Step R fwd, pivot ½ L (3 O'Clock), step R slightly fwd
右足前踏, 左轉180度(3點鐘), 右足略前踏

7&8 Step L fwd, pivot ¼ R (6 O'Clock), step L slightly fwd
左足前踏, 右轉90度(6點鐘), 左足略前踏

**第三段 R side-together-back, L side-together-fwd, rock R over L, recover, rock L over R, recover**
**右側-併-後, 左側-併-前, 右於左前下沉, 回復, 左足右前下沉, 回復**

1&2 Step R side R, step L in place beside R, step R back
右足右踏, 左足併踏, 右足後踏

3&4 Step L side L, step R in place beside L, step L fwd
左足左踏, 右足併踏, 左足前踏

5&6 Rock R across L, recover to L, step R in place
右足於左足前交叉下沉, 左足回復, 右足踏

7&8 Rock L across R, recover to R, step L in place
左足於右足前交叉下沉, 右足回復, 左足踏

**第四段 R kick-ball-touch, L kick-ball-touch, mambo turn ½ L, mambo turn ½ R**
**右踢交換點, 左踢交換點, 左轉1/2曼波, 右轉1/2曼波**

1&2 Kick R fwd, step R slightly fwd, touch L side L
右足前踢, 右足略前踏, 左足左點

3&4 Kick L fwd, step L slightly fwd, touch R side R
左足前踢, 左足略前踏, 右足右點

5&6 Step R fwd, pivot ½ L (12 O'Clock), step R in place
右足前踏, 左轉180度(12點鐘), 右足踏

7&8 Step L fwd, pivot ½ R (6 O'Clock), step L in place
左足前踏, 右轉180度(6點鐘), 左足踏