

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Martine CANONNE (FR - 25 December 2019)

Music: «6 AM» by J.Balvin ft Farruko (Lyrics/Letra)

Start : 16 counts - No Tag No Restart

[1 - 8] MAMBO FWD, MAMBO BACK, [SIDE ROCK CROSS] R & L

- 1 & 2** Step RF fwd, recover onto LF, step RF slightly back
- 3 & 4** Step LF back, recover onto RF, step LF slightly fwd
- 5 & 6** Step RF to right side, recover onto LF, cross RF slightly over LF while advancing
- 7 & 8** Step LF to left side, recover onto RF, cross LF slightly over RF while advancing (12:00)

[9 - 16] TURN ½ L WITH SIDE ROCK, CROSS SAMBA R, ¼ JAZZBOX L

- 1&2&** Make turn 1/8 left stepping RF to right side, recover onto LF, make turn 1/8 left stepping RF to right side, recover onto LF (09 :00)
- 3&4&** Make turn 1/8 left stepping RF to right side, recover onto LF, make turn 1/8 left stepping RF to right side, recover onto LF (06:00)

Option during counts 1-4 : you can do « shimmy » or « roll shoulders »

- 5 & 6** Cross RF over LF, step LF to left side, step RF slightly diagonal right
- 7 & 8** Cross LF over RF, turn ¼ left stepping RF back, step LF to left side (03:00)

[17 - 24] CROSS ROCK-SIDE ROCK, CROSS SAMBA R, CROSS ROCK-SIDE ROCK, ¼ JAZZ BOX L

- 1&2&** Cross RF over LF, recover onto LF, step RF to right side, recover onto LF
- 3 & 4** Cross RF over LF, step LF to left side, step RF slightly diagonal right
- 5&6&** Cross LF over RF, recover onto RF, step LF to left side, recover onto RF
- 7 & 8** Cross LF over RF, turn ¼ left stepping RF back, step LF to left side with prep for turn right (12:00)

[25 - 32] FULL TURN VOLTA R, ¾ VOLTA L

- 1&2&** Turn ¼ right stepping RF fwd, cross LF behind RF (3rd position), turn ¼ right stepping RF fwd, cross LF behind RF (3rd position) (06:00)

- 3 & 4** Turn $\frac{1}{4}$ right stepping RF fwd, cross LF behind RF (3rd position), turn $\frac{1}{4}$ right stepping RF fwd (12:00)
- 5&6&** Turn $\frac{1}{4}$ left stepping LF fwd, cross RF behind LF (3rd position), Turn $\frac{1}{4}$ left stepping LF fwd, cross RF behind LF (3rd position) (06:00)
- 7 & 8** Turn $\frac{1}{8}$ left stepping LF fwd, cross RF behind LF (3rd position), Turn $\frac{1}{8}$ left stepping LF fwd (03:00)

FINAL : unwind to the right to finish facing 12:00

<http://danseavecmartineherve.fr/>

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