

Begin on the 2nd "ny" (Albany, Alba-ny)

S1 Toe-Strut V-Step, Sidestep-Drags (RL)

- 1&2& Touch RF toe diagonally forward (1:00), step heel down, touch LF toe diagonally forward (11:00), step heel down
3&4 Touch RF toe behind to centre, step heel down, touch LF toe beside R, step heel down
5-6 Large step right to right side, drag LF toes towards R
7-8 Large step left to left side, drag RF towards L

S2 Fwd Toe-Strut Twists RLRL ¼ Turn R (Arc Pattern), Mambos RL

- 1&2& Touch RF toes diagonally forward (2:00), step heel down back to centre, touch LF toe diagonally forward (10:00), step heel down back to centre
3&4& Touch RF toes diagonally forward (2:00), step heel down back to centre, touch LF toe diagonally forward (10:00), step heel down back to centre
5&6 RF rock side right, LF recover, RF close together, hold
7&8 LF rock side left, RF recover, LF close together, hold

S3 RF Rock/Recover Step Fwd ½ R, Step-Lock-Step Scuff, Mambos Fwd, Back

- 1&2 RF Rock forward, LF recover, step RF fwd ½ turn R, hold
3&4& Step LF forward, lock RF behind L, step LF forward, scuff RF fwd
5&6 Rock forward on RF, recover LF, step RF beside L, hold
7&8 Rock back on LF, recover RF, step LF beside R, hold

Repeat



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