

Bao Dao Mambo

Compte: 80

Mur: 1

Niveau: Improver

Chorégraphe: Jennifer Jou (TW) - August 2019

Musique: Bao Dao Mambo (寶島曼波) - Bobby Chen (陳昇)



Introduction : Solo + four drumbeats, then START

Sequence: TAGx2/80/ TAG /64/ TAGx2/80/ TAG /64/ TAG /24/ POSE

Sec 1: BACK, RECOVER, SIDE TOUCH, FORWARD, FORWARD, RECOVER, SIDE TOUCH, BACK

1-4 Rock RF back, recover on LF, touch RF to right side, step RF forward

5-8 Rock LF forward, recover on RF, touch LF to left side, step LF back

Sec 2: Repeat Sec 1

Sec 3: WEAVE LEFT, CROSS, RECOVER, CHASSE RIGHT

1-4 Cross RF over LF, step LF to left side, step RF behind LF, step LF to left side

5-6 Cross RF over LF, recover on LF

7&8 Step RF to right side, step LF beside RF, step RF to right side

Sec 4: WEAVE RIGHT, CROSS, RECOVER, CHASSE LEFT

1-4 Cross LF over RF, step RF to right side, step LF behind RF, step RF to right side

5-6 Cross LF over RF, recover on RF

7&8 Step LF to left side, step RF beside LF, step LF to left side

Sec 5: RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, 1/2 LEFT PIVOT TURN, RIGHT SHUFFLE FORWARD

1-2 Step RF forward, step LF behind RF, step RF forward

3-4 Step LF forward, step RF behind LF, step LF forward

5-6 Step RF forward, pivot 1/2 turn left taking weight on LF (6:00)

7&8 Step RF forward, step LF behind RF, step RF forward

Sec 6: LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, 1/2 RIGHT PIVOT TURN, LEFT SHUFFLE FORWARD

1&2 Step LF forward, step RF behind LF, step LF forward

3&4 Step RF forward, step LF behind RF, step RF forward

5-6 Step LF forward, pivot 1/2 turn right taking weight on RF (12:00)

7&8 Step LF forward, step RF behind LF, step LF forward

Sec 7: (CROSS FORWARD, TOUCH) X 2, (CROSS BEHIND, TOUCH) X 2

1-4 Cross RF over LF, touch LF to left side, cross LF over RF, touch RF to right side

5-8 Cross RF behind LF, touch LF to left side, cross LF behind RF, touch RF to right side

Sec 8: (1/8 TURN RIGHT + WALK) X 2, 1/4 TURN RIGHT FORWARD SHUFFLE, (1/8 TURN RIGHT + WALK) X 2, 1/4 TURN RIGHT FORWARD SHUFFLE

1-2 Make 1/8 turn right stepping RF forward, make 1/8 turn right stepping LF forward (3:00)

3&4 Make 1/4 turn right stepping RF forward, step LF behind RF, step RF forward (6:00)

5-6 Make 1/8 turn right stepping LF forward, make 1/8 turn right stepping RF forward (9:00)

7&8 Make 1/4 turn right stepping LF forward, step RF behind LF, step LF forward (12:00)

Sec 9: FORWARD, FORWARD, MAMBO FORWARD, BACK, BACK, MAMBO BACK

1-2 Walk forward on RF, walk forward on LF

3&4 Rock RF forward, recover on LF, step RF back

5-6 Step LF back, step RF back

7&8 Rock LF back, recover on RF, step LF forward

Sec 10: ROCK, RECOVER, TRIPLE STEPS (RF-LF-RF), ROCK, RECOVER, TRIPLE STEPS (LF-RF-LF)

1-2 Rock RF to right side, recover on LF

3&4 Step triple steps in place (RF-LF-RF)

5-6 Rock LF to left side, recover on RF

7&8 Step triple steps In place (LF-RF-LF)

TAG : OUT, OUT, IN, IN, SIDE & HIP BUMPS, HIP BUMPS

1-4 Step RF out to right side, step LF out to left side, step RF back to center, step LF next to RF

5&6 Step RF to right side and bump hips to right side twice

7&8 Bump hips to left side twice

POSE: At end of the dance, dance up to the 23st count and the singer says “跌倒” , then strike a pose of falling down to end the dance.

Enjoy it!!

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