Do The Mambo



Compte: 60 Mur: 4 Niveau:

Chorégraphe: Adrian Churm (UK)

Musique: Do The Mambo - Dave Sheriff



BASIC MOVEMENT FORWARD AND BACKWARDS

1	Hold
2-3	Left foot forward, replace weight back onto right foot
4-5	Left foot steps back, lower heel of the left foot as the hips continue to move to the left on beat 1
6-7	Right foot steps back, replace weight forward onto left foot
8-9	Right foot steps forward, lower heel of the right foot as the hips continue to move to the right on beat 1

SECOND POSITION BREAKS AKA CUCARACHAS, SHOULDER TO SHOULDER

10-11	Left foot steps to the side on the inside edge of ball of the foot transferring only part weight to the left, without releasing the right heel from the floor, replace weight to the right foot
12-13	Left foot closes to right foot
14-17	Repeat second positions breaks on opposite feet
18-19	Left foot steps forward as you turn slightly to the right, replace weight back onto right foot
20-21	Left foot steps to the side as you turn back to the left
22-25	Repeat shoulder to shoulder on opposite feet turning to the left

BASIC MOVEMENT MAKING 1/4 TURN TO THE LEFT

26-27	Left foot steps forward, replace weight back onto right foot and start to turn to the left
28-29	Left foot steps to the side and slightly back as you continue to turn to the left
30-31	Right foot steps back, replace weight forward onto the left foot as you continue to turn to the left
32-33	Right foot steps to the side and slightly forward as you complete your ¼ turn to the left

1-3 OF A BASIC, CHANGES OF PLACE 4-6 OF A BASIC TO THE SIDE

34-35	Left foot steps forward, replace weight back onto right foot
36-37	Left foot steps back
38-39	Right foot steps back, replace weight onto left foot as you start to turn to the left
40-41	Right foot steps to the side as you continue to turn to the left
42-43	Left foot steps back as you complete the half turn to the left, replace weight forward onto the right foot
44-45	Left foot steps to the side
46-49	Repeat change of place one more time
50-51	Right foot steps back, replace weight forward onto left foot
52-53	Right foot steps to the side and slightly forward

FIFTH POSITION BREAK AKA DOUBLE OPENING OUT

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54-55	Left foot steps back as you make a ¼ turn to the left, replace weight forward onto right foot	
56-57	Turn back ¼ turn to the right as your left foot steps to the side	
58-59	Right foot steps back as you make a ¼ turn to the right replace weight forward onto the left foot	
60	Turn back ¼ turn to the left as your right foot steps to the side	

REPEAT