

Mambocon

拍数: 32 墙数: 4 级数: Beginner
编舞者: Enric Nonell (ES) - November 2016
音乐: Mambo Con Dancehall (Radio Edit) - Brooklyn Funk Essentials



Note: The song has a 20 seconds long introduction, start the dance with the first beat after this introduction.

[1-8] Mambo forward, mambo backward, steps forward x3, steps forward x3

1&2 Rock RF forward, recover on LF, step RF together
3&4 Rock LF backward, recover on RF, step LF together
5&6 Step RF forward, step LF forward, step RF forward
7&8 Step LF forward, step RF forward, step LF forward

[9-16] Mambo backward x2, steps side x3, steps side x3

1&2 Rock RF backward, recover on LF, step RF together
3&4 Rock LF backward, recover on RF, step LF together
5&6 Step RF to right, step LF together, step RF to right
7&8 Step LF to left, step RF together, step LF to left

[17-24] Suzy Q, step back, step side, suzy Q, step back, step side

1&2 Cross RF over LF, step LF to left, cross RF over LF
3,4 Step LF backward, step RF to right
5&6 Cross LF over RF, step RF to right, cross LF over RF
7,8 Step RF backward, step LF to left

[25-32] ¼ pivot turn, ½ pivot turn, mambo cubano (toe switches)

1,2 Step RF forward, ¼ turn left and step on LF
3,4 Step RF forward, ½ turn left and step on LF
5& Tap on ball of RF in place, step on RF
6& Tap on ball of LF in place, step on LF
7& Tap on ball of RF in place, step on RF
8& Tap on ball of LF in place, step on LF

Start again - No Tag, No Re-Start

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