

1,2,3 Beginner Mambo

COPPERKNOB
STEPSHETS

拍数: 16 墙数: 2 级数: Beginner
编舞者: Karianne Heimvik (NOR) - May 2018
音乐: 1, 2, 3 (feat. Jason Derulo & De La Ghetto) - Sofía Reyes



(1-8) Mambo right, mambo left, fwd lockstep, rock step

1&2 ; rock R to right, lift and recover weight on L, step R back in place
3&4 ; rock L to left, lift and recover weight on R, step L back in place
5&6 ; step fwd on R, step and lock L behind R, step fwd on R
7,8 ; rock fwd on L, recover weight on R (here you can do a bodyroll if you feel comfortable with it)

(9-16) lockstep back, step out out, in in, pivot ½ turn

1&2 ; step back on L, step and lock R across L, step back on L
3,4 ; step R to right, step L to left
5,6 ; step R back in place, step L back in place
7,8 ; step fwd on R, make ½ turn to left stepping fwd on L

Start dance again! Smile and enjoy yourself!!
