

Ocala Mambo

拍数: 40 墙数: 4 级数: Beginner
编舞者: Art Ticknor (USA) - December 2018
音乐: Te Quiero Más - Fórmula Abierta



Alt.: Save the Last Dance for Me by The Drifters

MAMBO FORWARD, MAMBO BACK

1-2 Step L forward, recover on R
3-4 Step L together, hold
5-6 Step back on R, recover on L
7-8 Step R together, hold

MAMBO LEFT, MAMBO RIGHT (CUCARACHA)

1-2 Step L to left, recover on R
3-4 Step L together, hold
5-6 Step R to right, recover on L
7-8 Step R together, hold

MAMBO CROSSOVERS – LEFT THEN RIGHT

1-2 Cross L over R, recover on R
3-4 Step L together, hold
5-6 Cross R over L, recover on L
7-8 Step R together, hold

MAMBO BOX 1/2 TURN LEFT

1-2 Step L forward, recover on R
3-4 Step L together, hold
5-6 Step back on R, recover on L
7-8 Cross R over L, hold

1-2 Step fwd L with 1/4 turn left, step right on R
3-4 Step L behind R with 1/4 turn left, hold
5-6 Step back on R, step left on L
7-8 Step R together, hold

REPEAT

The original Cuban dance may have involved sliding the feet, flat-footed, while the ballroom version involves stepping toe-heel.