

The Mambo

拍数: 64 墙数: 4 级数: Low Intermediate
编舞者: Jhon Batin (INA) - March 2020
音乐: Mambo - Nikki Vianna



Start dance after 16 count

** Dance Sequence : ABBB – ABBB – ABBB

** No Tag, No Restart

Part A : 32 counts

Sec 1: Side Rock R, Cross Over, Side Rock L, Rock Forward Diagonal, 3/8 Turn Forward

1-2-3 Step R to right side, recover on L, cross R over L
4-5 Step L to left side, recover on R
6-7-8 Step L forward diagonal (1:30), recover on R, turn 3/8 left (09:00) stepping L forward

Sec 2: Side Step, Cross Rock Behind, Scissor Step, Side Step Together

1-2-3 Step R to right side, cross L behind R, recover on R
4-5-6 Step L to left side, close R together L, cross L over R
7-8 Step R to right side, close L together R

Sec 3: Side Step, Hold, Cross Rock Over, Chasse Left, Cross Over, Backward

1-2-3-4 Step R to right side, hold L with toe, cross L over R, recover on R
5&6 Step L to left side, close R beside L, step L to left side
7-8 Cross R over L, step L backward

Sec 4: Chasse, Mambo Forward, Drag heel Backward, Backward, Step Together

1&2 Step R to right side, close L beside R, step R to right side
3-4-5-6 Step L forward, recover on R, big step L backward over R, drag R heel backward
7-8 Step R backward over L, step L backward close together, ball of R toe at the same time

Part B : 32 counts (Facing 09:00)

Sec 1: Back Rock, ½ Turn Left, Sweep L, Cross Behind, Side Step, Hold, Step Together, Side Step

1-2-3-4 Step R backward, recover on L, step R forward making ½ turn left (03:00), sweep L to left
5-6-7 Step L cross behind R, step R to right side, hold
&8 Close L together R, step R to right side

Sec 2: Cross Rock Over, Side Step, Hold, Step Together, Side Step, Cross Rock Behind, Side Step

1-2-3 Cross L over R, recover on R, step L to left side
4&5 Hold, close R together L, step L to left side
6-7-8 Cross R behind L, recover on L, step R to right side

Sec 3: Step Forward, Touch, Backward, Sweep L, Back Rock, Pivot ¼ Turn

1-2-3-4 Step L forward, touch R behind L, step R backward, sweep L to left
5-6-7-8 Step L backward, recover on R, step L forward, making ¼ turn right (06:00), recover on R

Sec 4: Cross Shuffle, Side Rock R, Step Together, Side Rock L, Step Together

1&2 Cross L over R, step R to right side, cross L over R
3-4-5 Step R to right side, recover on L, close R together L
6-7-8 Step L to left side, recover on R, close L together R

Enjoy the dance ... !

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