

Latin Groove

拍数: 32 墙数: 4 级数: Beginner
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音乐: Magic Carpet Ride - MDO



BASIC MAMBOS FORWARD AND BACK, ½ PIVOT (LEFT), STEP-LOCK FORWARD

1 Right - step (rock) slightly forward, while lifting left foot off floor
&
2 Left - lower foot back to floor
3 Right - step together
4 Left - step (rock) slightly backward, while lifting right foot off floor
&
5 Right - lower foot back to floor
6 Left - step together
7 Right - step forward
8 On (balls of) both feet, pivot ½ turn left
9 Right - step forward
&
10 Left - step up behind right foot
11 Right - step forward

BASIC MAMBOS FORWARD AND BACK, ½ PIVOT (RIGHT), STEP-LOCK FORWARD

9 Left - step (rock) slightly forward, while lifting right foot off floor
&
10 Right - lower foot back to floor
11 Left - step together
12 Right - step (rock) slightly backward, while lifting left foot off floor
&
13 Left - lower foot back to floor
14 Right - step together
15 Left - step forward
16 On (balls of) both feet, pivot ½ turn right
17 Left - step forward
&
18 Right - step up behind left foot
19 Left - step forward

(RIGHT) SIDE-TOGETHER, SIDE CHA-CHA (LATIN HIPS) (LEFT) SIDE-TOGETHER, SIDE CHA-CHA (LATIN HIPS)

17 Right - step to side
18 Left - step together
19&20 Side cha right, stepping (right-left-right)
21 Left - step to side
22 Right - step together
23&24 Side cha left, stepping (left-right-left)

For styling on these 8 counts, use as much hip movement as you can

TURNING JAZZ (¼ RIGHT), SIDE MAMBOS (RIGHT AND LEFT)

25 Right - cross step in front of left foot
26 Left - turning ¼ turn right, step backward
27 Right - step slightly out to side
28 Left - step together or cross over right
29 Right - step (rock) out to side, slightly lifting left foot off floor
&
30 Left - lower foot back to floor
31 Right - step together
32 Left - step (rock) out to side, slightly lifting right foot off floor
&
33 Right - lower foot back to floor

32

Left - step together

Again on the side mambos use as much hip action as you can

REPEAT
