

Mambo Crazy

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: The Mambo Craze (Video Edit) - De-Phazz



SIDE ROCK & FORWARD ROCK, LOCK STEP BACK, BACK-KICK

1-2& Step right to right side, rock weight onto left, step right next to left
3-4 Step forward on left, rock weight back onto right
5&6 Step back on left, lock right over left, step back on left
7-8 Step back on right (leaning back), kick left forward

CROSS-BACK & CROSS ¼ TURN, BACK ROCK, & SIDE-ROCK

1-2& Cross left over right, step back on right, step left next to right
3-4 Cross right over left, ¼ turn right stepping back on left
5-6 Step back on right, rock weight forward on left
&7-8 Step right next to left, step left to left side, rock weight onto right

& SIDE ROCK, & CROSS-HOLD, SIDE-SLIDE, & CROSS-¼ TURN

&1-2 Step left next to right, step right to right side, rock weight onto left
&3-4 Step right next to left, cross left over right, hold
5-6 Step right to right side, slide left next to right (no weight)
&7-8 Step left next to right, cross right over left, ¼ turn right stepping back on left

SWEEP-HOLD, & WALK-WALK, SIDE MAMBO, ROCK-½ TURN

1-2 Sweep right behind left, hold
&3-4 Step left next to right, step forward right, step forward on left
5&6 Step right to right side, rock weight onto left, step right next to left
7&8 Step forward on left, rock weight back onto right, ½ turn left stepping forward on left

STEP-LOCK, LOCK STEP FORWARD, ROCK STEP, TRIPLE ¾ TURN

1-2 Step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Step forward on left, rock weight back onto right
7&8 Triple ¾ turn left stepping on left-right-left

MAMBO CROSS, MAMBO STEP, BACK-HOLD, & STEP-½ TURN

1&2 Step right to right side, rock weight onto left, cross right over left
3&4 Step forward on left, rock back onto right, step back on left
5-6 Step back on right, hold
&7-8 Step left next to right, step forward on right, pivot ½ turn left

REPEAT
