

Mambo Freak

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jorma Leitzinger Jr. (FIN)
音乐: Mambo Mambo - Lou Bega



SIDE, TOGETHER, FORWARD, HOLD, SIDE, TOGETHER, BACK, HOLD

1-4 Step right to side, step left together, step right forward, hold
5-8 Step left to side, step right together, step left back, hold

SIDE, TOGETHER, FORWARD, HOLD, SIDE, TOUCH TOGETHER, HEEL JACK

1-4 Step right to side, step left together, step right forward, hold
5-6 Step left to side, touch right together
&7 Step right diagonally back, touch left heel forward
&8 Step left in place, kick right to right side

PIVOT TURN, SHUFFLE, ROCK STEP, COASTER STEP

1-3 Step right forward, hold, turn ½ left
4&5 Shuffle forward right, left, right
6-7 Rock left forward, step right in place
8&1 Step left back, step right together, step left forward

PIVOT TURN, SHUFFLE, WALK FORWARD, KICK

2-3 Step right forward, turn ½ left
4&5 Shuffle forward right, left, right
6-8 Walk forward left, right, kick left forward

VAUDEVILLE HOPS

&1-2 Step left diagonally back, step right over left, hold
&3-4 Step left to side, touch right heel diagonally forward, hold (body is turned slightly right)
&5-6 Step right diagonally back, step left over right, hold
&7-8 Step right to side, touch left heel diagonally forward, hold (body is turned slightly left)

VAUDEVILLE HOPS, BOX STEP

&1-2 Step left diagonally back, step right over left, hold
&3-4 Step left to side, touch right heel diagonally forward, hold (body is turned slightly right)
&5-6 Step right diagonally back, step left over right, step right to side and slightly back
7-8 Step left to side, kick right across left

MONTEREY TURN, SHUFFLE LEFT, ROCK STEP, SHUFFLE RIGHT

1-3 Touch right to side, hold, turn ½ right with ball of left foot and step right together
4&5 Shuffle to left left, right, left
6-7 Rock right back, step left in place
8&1 Shuffle to right right, left, right

COASTER STEP, PIVOT TURN, BODY ROLL

2&3 Step left back, step right together, step left forward
4-5 Step right slightly forward, hold
6 Turn ¼ left (weight on both feet)
7-8 Two counts body roll from down to up

REPEAT

