

Mambo Italiano

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lesley Hawker (UK) & Natalie Hawker (UK)
音乐: Mambo Italiano - Shaft



RIGHT ROCKS FORWARD & BACK WITH ½ SHUFFLE TURN RIGHT

1-2 Rock forward onto right, rock back onto left
3-4 Rock back onto right, rock forward onto left
5-6 Rock forward onto right, rock back onto left
7&8 Shuffle step, ½ turn, stepping right, left, right

Optional arms: Lift both arms on rocks forward. On right rock back, wrap right arm behind waist and right arm in front of waist. On left rock back wrap left arm behind waist and right arm in front

LEFT ROCKS FORWARD & BACK WITH ½ SHUFFLE TURN LEFT

9-10 Rock forward onto left, rock back onto right
11-12 Rock back onto left, rock forward onto right
13-14 Rock forward onto left, rock back onto right
15&16 Shuffle step, ½ turn, stepping left, right, left

TOE POINTS RIGHT, LEFT, RIGHT, LEFT, STEP, HEEL DROPS X 3

17& Point right toe to right side and bring back to place
18& Point left toe to left side and bring back to place
19& Point right toe to right side and bring back to place
20& Point left toe to left side and bring back to place
21 Step right to right side
22-24 Lift right heel and drop it down three times

Optional arms: on first right toe point click both fingers down to the right. On first left toe point click both fingers down to the left. On second right toe point click both fingers up to the right. On second left toe point click both fingers up to the left. On heel drops arc both arms over head from left to right

THIGH SLAPS LEFT, RIGHT, LEFT, RIGHT. STEP, CROSS, STEP, CROSS (WITH BENT KNEES AND FEET APART)

25 Slap both thighs taking both hands to left
26 Slap both thighs taking both hands to the right
27 Slap both thighs taking both hands to the left
28 Slap both thighs taking both hands to the right
29 Step left to left side
30 Step cross right over left
31-32 Step left to left side, step cross right over left

At end of count 28, both arms should finish at shoulder height on right Michael Flatley style and hold at this position for counts 29-31

2 X TURNING KICK BALL CHANGES, TRAVELING KNEE POPS

33 ¼ turn to left, kicking left forward
&34 Step left beside right, step right in place
35 ¼ turn to left, kicking left forward
&36 Step left beside right, step right in place
37 Step back on left, pop right knee forward
38 Step back on right, pop left knee forward
39 Step back on left, pop right knee forward
40 Step back on right, pop left knee forward
41-48 Repeat steps 33-40

HIP BUMPS & CHUG RIGHT 1 ½ TURNS

- 49&50 Step diagonally forward on left and bump hips twice
51&52 Step diagonally forward on right and bump hips twice
53-56 With weight on right leg, stomp left foot beside right and start to turn to right. Continue to rotate as foot stomps 3 more times until completed 1 ¼ turns to right

STEP HITCH, KICK HITCH, BACK TOGETHER, HEEL RAISE

- 57-58 Step forward on right, hitch left knee
59-60 Kick left leg to left side and bring knee back to place and hitch
61-62 Step back on left, step right foot back beside left
63 Lift both heels off floor (and stick out butt)
64 Lower both heels to floor

REPEAT
