

Mambo Jambo

拍数: 32 墙数: 4 级数: Improver
编舞者: Jo Thompson Szymanski (USA) & Kathy Hunyadi (USA)
音乐: Bailamos - Enrique Iglesias



MAMBO BASIC FORWARD & BACK

1&2 Rock forward on left foot, recover weight back to right foot, step back on left foot
3&4 Rock back on right foot, recover weight forward to left foot, step forward on right foot
5&6 Rock forward on left foot, recover weight back to right foot, step back on left foot
7&8 Rock back on right foot, recover weight forward to left foot, step forward on right foot

CROSS, STEP, CROSS BALL CHANGE TRAVELING FORWARD 45 DEGREES

1-2 Cross left foot in front of right, step right foot forward at 45 degree angle
3&4 Cross left foot in front of right, step right foot to side, step left foot in place

Body will be angled 45 degrees to left

5-6 Cross right foot in front of left, step left foot forward at 45 degree angle
7&8 Cross right foot in front of left, step left foot to side, step right foot in place

Body will now be angled 45 degrees to right

CROSSING TRIPLES TRAVELING BACK

1&2 Cross left foot in front of right, step back on right foot, step left beside right (square off to wall)
3&4 Turning body 45 degrees left, cross right foot in front of left. Step back on left, step right beside left (squaring off to wall)
5&6 Turning body 45 degrees right, cross left in front of right, step back on right, step left beside right (square off to wall)
7&8 Turning body 45 degrees left, cross right foot in front of left, step back on left, step right beside left (square off to wall)

SYNCOPATED CROSS ROCK STEP; SKATE RIGHT, LEFT, RIGHT; SYNCOPATED CROSS ROCK STEP; ¼ LEFT; STEP

1&2 Cross rock left over right, recover weight back to right foot, step left to side
3-5 Angling body 45 degrees with each toe step and turning toes out, swivel right foot, left foot, right foot (as if you were skating!)
6&7 Cross rock left over right, recover weight back to right foot, turn ¼ to left stepping forward on left foot
8 Step right foot next to left

REPEAT