

Mambo Rock

拍数: 32 墙数: 4 级数: Improver mambo
编舞者: Jos Slijpen (NL)
音乐: Mambo Rock - Bill Haley & The Comets



MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK

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

4X PIVOT 1/8 TURN LEFT, MAMBO FORWARD, MAMBO LEFT

1&2& Step forward right, pivot 1/8 turn left, step forward right, pivot 1/8 turn left
3&4& Step forward right, pivot 1/8 turn left, step right, pivot 1/8 turn left
5&6 Rock step forward right, recover weight on left, step right beside left
7&8 Rock step left to left side, recover weight on right, step left beside right

¼ TURN COASTER STEP, LOCK SHUFFLE FORWARD LEFT, PIVOT ¼ TURN LEFT & CROSS, SIDE ROCK & CROSS

1&2 Make ¼ turn left and step back on right, step left beside right, step forward right
3&4 Step forward left, cross right behind left, step forward left
5&6 Step forward right, pivot ¼ turn left, cross right over left
7&8 Step left to left side, recover weight on right, cross left over right

RIGHT SHUFFLE WITH ¼ TURN RIGHT, LEFT SHUFFLE WITH ½ TURN RIGHT, COASTER STEP, LOCK SHUFFLE FORWARD

1&2 Step right to right side, step left beside right, make ¼ turn right stepping right forward
3&4 Shuffle ½ turn right stepping left-right-left
5&6 Step back on right, step left beside right, step forward right
7&8 Step forward left, cross right behind left, step forward left

Option

7&8 Make full turn forward stepping left-right-left

REPEAT
