

Mariana Mambo

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: Mariana Mambo - Chayanne



SIDE STEP, HOLD, CROSS STEP, HOLD, WEAVE RIGHT

1-2-3-4 Step right to right side, hold, cross step left over right, hold
5-6 Step right to right side, cross step left behind right
7-8 Step right to right side, cross step left over right

SIDE STEP, HOLD, BACK ROCK, LEFT TOE STRUT, CROSS TOE STRUT

1-2 Step right to right side, hold
3-4 Cross rock left behind right, recover forward on to right
5-6-7-8 Toe strut left to left side, cross toe strut right over left

COASTER STEP ¼ TURN RIGHT, HOLD, MAMBO FORWARD, HOLD

1-2-3-4 Turn ¼ right stepping back on left, step right next to left, step forward on left, hold
5-6-7-8 Rock forward on right, rock back on left, step back on right, hold

TRIPLE FULL TURN LEFT, HOLD, RIGHT SIDE ROCK & CROSS, HOLD

1-2-3-4 Triple full turn left on the spot on left, right, left, hold
Or triple step on the spot with out the turn
5-6-7-8 Side rock on right to right side, recover on to left, cross step right over left, hold

STOMP OUT, IN, IN ON LEFT, HOLD, SWIVEL TOE, HEEL, HEEL, TOE ON RIGHT

1-2-3-4 Stomp left out to left side, stomp on left bringing it in closer to right, stomp on left next to right, hold

It is best to do the above stomps with both knees slightly relaxed

5-6-7-8 Swivel right toe out to right, swivel right heel out to right, swivel right heel in, swivel right toe in

LEFT SIDE ROCK & CROSS, HOLD, 2 X ¼ TURNS LEFT WITH HOLDS

1-2-3-4 Side rock left out to left side, recover on to right, cross step left over right, hold
5-6-7-8 Turn ¼ left stepping back on right, hold, turn ¼ left stepping left to left side, hold

CROSS ROCK WITH ¼ TURN RIGHT, 2 X ¼ TURNS RIGHT WITH HOLDS

1-2-3-4 Cross rock right over left, recover on to left, turn ¼ right stepping forward on right, hold
5-6-7-8 Turn ¼ right stepping left to left side, hold, turn, ¼ right stepping back on right, hold

LEFT COASTER STEP WITH ¼ TURN LEFT, HOLD, 2 X PADDLE TURNS LEFT COMPLETING FULL TURN LEFT

1-2-3-4 Turn ¼ left stepping back on left, step right next to left, step forward on left, hold
5-6-7-8 Turn ½ left as you paddle round with ball of right, repeat

Completing full turn left, weight remaining on left

REPEAT