

Mixed Up Mambo

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Mi Mulata - Frankie Negrón



ROCK FORWARD, STEP FORWARD, LOW TOE BRUSH FORWARD, REPEAT

- 1-2 Rock forward on right foot, recover weight to left foot
- 3-4 Step forward on right foot, brush left foot forward (low)
- 5-8 Repeats counts 1-4 starting with the left foot

STEP BACK, STEP ACROSS, STEP BACK, LOW KICK FORWARD, REPEAT

- 1-2 Step right foot back on diagonal to the right, step left foot across right
- 3-4 Step right foot back on diagonal to the right, squaring up to wall, kick left foot forward on a diagonal to the left (low)
- 5-8 Repeat counts 1-4 starting with the left foot

MAMBO BACK INTO A ½ TURN, MAMBO BACK

- 1-2 Rock back on right foot, recover weight to left foot
- 3-4 Step right foot next to left foot at same time make a ½ turn left, hold
- 5-6 Rock back on left foot, recover weight to right foot
- 7-8 Step left foot slightly forward, hold

CARIOCA RUN, STEP PIVOT ½ TURN, TOUCH

- 1-4 Take small steps slightly running forward stepping right, left, right, left
- Keeping Cuban motion and knees slightly bent throughout counts 25-28**
- 5-6 Step forward on right foot pivot ½ turn right on ball of right foot
 - 7-8 Step forward on left foot, touch right foot next to left

CHASE TURNS - LEFT ½ & RIGHT ¼

- 1-4 Step forward on right foot, turn ½ left, step right foot next to left, hold
- 5-8 Step forward on left foot, turn ¼ right, step left foot next to right, hold

SIDE ROCK, CROSS, HOLD, FIFTH POSITION BREAK

- 1-2 Rock to right on right, recover weight to left
- 3-4 Step right forward and across left, hold
- 5-6 Step left to left side, step (rock) back on right in 5th position (your body will be 1/8 turn right)
- 7-8 Recover weight to left, hold

TOUCH, STEP 1/8 RIGHT, SIDE LEFT, BACK RIGHT, BACK LEFT, RIGHT ¼ TURN, SIDE RIGHT, FORWARD LEFT, TOUCH

- 1-2 Touch right next to left, step right forward turning 1/8 right to square off to wall
- 3-4 Step left to side, step right back
- 5-6 Step left back (toes turned in) & turn ¼ right, step right to side
- 7-8 Step left forward, touch right next to left

RIGHT CURVING WALK INTO ½ TURN, TOUCH TOGETHER, TOUCH TOGETHER

- 1-4 Walk forward right, left, right, left - turning ½ to right
- 5-6 Touch right out to side, step right next to left
- 7-8 Touch left out to side, step left forward

REPEAT

