

My Mambo

拍数: 64 墙数: 4 级数: Improver
编舞者: Gloria Davis
音乐: Mambo No.5 - Lou Bega



CHASSE TO THE RIGHT

1-2 Step right foot to right, step left beside right
3-4 Step right to right, step left beside right
5-6 Step right to right, step left beside right
7-8 Step right to right, left step beside right

CHASSE TO THE LEFT

9-10 Step left foot to left, step right foot beside left
11-12 Step left foot to left, step right foot next to left
13-14 Step left foot to left, step right foot beside left
15-16 Step left foot to left, step right beside left

JAZZ VINE RIGHT INTO A CHA-CHA STEP

17-18 Step right foot to right, step left foot behind right
19&20 Step right next to left, step left foot in front of right, step right next to left
21-22 Step left foot forward, step right foot forward (feet slightly apart)
23&24 Stepping left, right, left back into place

JAZZ VINE LEFT INTO A CHA-CHA STEP

25-26 Step right foot behind left, step left next to right
27&28 Step right foot in front of left, step left foot next to right, step down on right
29-30 Step left forward, step right foot forward (feet slightly apart)
31&32 Stepping left, right, left back into place

RIGHT KICKS INTO A SAILOR SHUFFLE

33-34 Kick right foot to the front, kick right foot to the side
35&36 Step right behind left, step back with left foot, step right next to left

LEFT KICKS INTO A TURNING SAILOR SHUFFLE

37-38 Kick left foot to the front, kick left foot to the side
39&40 Step left behind right, step right beside left, step left beside right (while turning to left)

RIGHT JAZZ VINE WITH DRAG

41-42 Step right foot to right, step left behind right
43&44 Step right foot to right (slightly apart), drag it next to left

LEFT JAZZ VINE WITH DRAG

45-46 Step left foot to left, step right behind left
47-48 Step left foot to left (slightly apart), drag next to right

CHARLESTON INTO A COASTER STEP

49-50 Step forward with right foot, kick left foot forward
51-52 Back with left, step right foot back
53-54 Step right foot next to left, kick left foot forward
55&56 Step back with left foot, step right next to left, step left forward slightly

CHARLESTON INTO A COASTER STEP

57-58 Step forward with right foot, kick left foot forward
59-60 Back with left, step right foot back
61-62 Step right foot next to left, kick left foot forward
63&64 Step back with left foot, step right next to left, step left forward slightly

REPEAT
