Simply Mambo

拍数: 32

级数: Beginner mambo

编舞者: Val Myers (UK) & Deana Randle (UK)

音乐: Tequila - The Champs

RIGHT SIDE MAMBO, HOLD. LEFT SIDE MAMBO, HOLD

- 1-4 Rock right to right side, recover onto left, step right beside left, hold
- 5-8 Rock left to left side, recover onto right, step left beside right, hold

RIGHT MAMBO BACK, HOLD. STEP TOGETHER STEP, HOLD

- 1-4 Rock back onto right, recover onto left, step right beside left, hold
- 5-8 Step forward left, step right beside left, step forward left, hold

STEP TOGETHER STEP, HOLD. LEFT MAMBO FORWARD, HOLD

- 1-4 Step forward right, step left beside right, step forward right, hold
- 5-8 Rock forward onto left, recover onto right, step left beside right, hold

WALK BACK, HOLD X 3

- 1-2 Step back right, hold
- 3-4 Step back left, hold
- 5-6 Step back right, hold
- 7-8 Making ¼ turn left step left to left side, hold

REPEAT

If danced to Tequila at the end of the 4th and 8th walls, as you turn to the front (12:00) the Champs will sing "Tequila." At this point spread both arms out to the side for styling

If danced to Honky Tonk Town, it is suggested that you fade the music at 3:29. After this the music changes speed to 120bpm for about 15 seconds





墙数:4