

Double D Mambo

拍数: 64 墙数: 4
编舞者: Petra Van de Velde (BEL)
音乐: Mambo Mambo - Lou Bega

级数: Beginner mambo



FULL TREE STEP TURN RIGHT, TOUCH, HIP SWAY LEFT-RIGHT-LEFT-RIGHT

1-3 Full turn to right side right-left-right
4 Left foot touches next to right with a clap
5 Left foot step side pushing hips left
6-8 Push hips right-left-right

FULL TREE STEP TURN LEFT, TOUCH, HIP SWAYS RIGHT-LEFT-RIGHT-LEFT

9-11 Full turn to right side left-right-left
12 Right foot touches next to left with a clap
13 Right foot step side pushing hips right
14 Push hips left-right-left

ROCK STEPS FORWARD/BACKWARD, COASTER STEP

17-22 Right foot rock forward, recover, right foot rock backward, recover, right foot rock forward, recover
23&24 Right foot step back, left foot step together, right foot step forward

ROCK STEPS FORWARD/BACKWARD, COASTER STEP

25-30 Left foot rock forward, recover, left foot rock backward, recover, left foot rock forward, recover
31&32 Left foot step back, right foot step together, left foot step forward

3X SIDE MAMBOS WITH ¼ TURN LEFT

33&34 Right foot rock side, recover, right foot step next to left
35&36 Left foot rock side, recover, ¼ turn left while stepping together
37-44 Repeat 3 time steps 33-36

You go to the left and end on 3:00

You can replace the rock steps into side touches if you have trouble with the hip-movement during the side mambo's

SIDE MAMBOS (3:00)

45&46 Right foot rock side, recover, right foot step next to left
47&48 Left foot rock side, recover, left foot step next to right

ROCK STEP, COASTER STEP, 2X PIVOT TURN RIGHT

49-50 Right foot rock forward, recover
51&52 Right foot step back, left foot step together, right foot step forward
53-54 Left foot step forward, ½ turn right step right forward
55-56 Left foot step forward, ½ turn right step right forward

ROCK STEP, COASTER STEP, FULL PADDLE TURN

57-58 Left foot rock forward, recover
59&60 Left foot step back, right foot step together, left foot step forward
61-64 Weight on left foot and push yourself with ¼ turns around with right foot, raise your right arm like if you're turning a lasso into the air

REPEAT

