

Cuban Mambo

拍数: 48 墙数: 4 级数: Intermediate samba
编舞者: Michelle Denney (UK)
音乐: Cuba - Gibson Brothers



DIAGONALLY STEP LOCKS, ½ PIVOT, SHUFFLE FORWARD

1 Step right foot diagonally forward to right
2 Lock left foot behind right
& Step onto right foot to transfer weight
3 Step left foot diagonally forward to left
4 Lock right foot behind left
& Step onto left foot to transfer weight
5-6 Step right foot forward, ½ pivot left
7&8 Step right foot forward, step left next to right, step right foot forward

DIAGONALLY STEP LOCKS, ½ PIVOT, SHUFFLE FORWARD

1 Step left foot diagonally forward to left
2 Lock right foot behind left
& Step onto left foot to transfer weight
3 Step right foot diagonally forward to right
4 Lock left foot behind right
& Step onto right foot to transfer weight
5-6 Step left foot forward, ½ pivot right
7&8 Step left foot forward, step right next to left, step left foot forward

RIGHT AND LEFT GRAPEVINES

1-4 Step right foot to the right, step left foot behind right, step right foot to right side, tap left foot next to right
5-8 Step left foot to the left, step right foot behind left, step left foot to left side, tap right foot next to left

Optional: full turn left grapevine

LEFT & RIGHT HEEL JACKS, JUMP STEP, CROSS, ½ UNWIND TURN, CLAP

&1&2& Step diagonally back onto right foot, touch left heel diagonally forward left, step left foot into center, touch/step right foot beside left
3&4& Step diagonally back left foot, touch right heel diagonally forward right, step right foot into center, touch/step left foot beside right
5-6 Jump both feet shoulder width apart, jump with feet crossing right foot in front of left
7-8 Unwind ½ turn left, clap hands

RIGHT & LEFT MAMBO, HIP BUMPS, KICK AND POINT STEP

1&2 Rock forward onto right foot, replace weight onto left, step right foot next to left
3&4 Rock forward onto left foot, replace weight onto right foot, step left foot next to right
5&6 Hip bumps right, left, right
7&8 Kick left foot forward, step weight back onto left, point right foot to right side

RIGHT & LEFT SAILOR STEPS, KICK AND POINT STEP, CROSS STEP, ¾ UNWIND

1&2 Step right foot behind left, step left to left side, step weight back onto right
3&4 Step left foot behind right, step right to right side, step weight back onto left
5-6 Kick right foot forward, step weight back onto right foot, point left foot to left side
7-8 Cross left foot over right foot, unwind ¾ turn right

REPEAT
