

Mambo Cha

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Hey Mambo - Barry Manilow : (CD: The Complete Collection And Then Some)



Count in: Wait 32 counts, then say 5,6,7,8 and start. Thus the intro is a total of 36 counts

FORWARD, MAMBO LEFT, MAMBO RIGHT, FORWARD ROCK, BACK LOCK CHA

- 1 Step forward with right foot
- 2&3 Rock left foot to left side, recover to right foot, step together with left
- 4&5 Rock right foot to right side, recover to left foot, step together with right
- 6-7 Rock forward with left foot, recover back to right foot
- 8&1 Step back with left foot, lock step right foot across in front of left, step back with left

MAKE ¼ TURN & TOUCH, ¼ TURN FLICK, FORWARD CHA, ROCK, RECOVER, ¼ TURN SIDE CHA

- &2 Turn ¼ right, step right foot to right side, touch left toe to left side, bending right supporting knee slightly

The big toe edge of left foot is touching the floor; the left knee should be facing the 3:00 wall . During this movement, keep looking at the 12:00 wall

- 3 Turn ¼ left, small jump onto the left foot centered under body, small flick with the right foot up behind you.

To not kick anyone, keep your knees close together and the flick small

- 4&5 Step forward with right, lock step with left foot in behind right, step forward with right
- 6-7 Rock forward with left foot, recover back to right foot
- 8&1 Turn ¼ left, step left foot to left side, step together with right, step left foot to left side

MAMBO CROSS ROCKS, SPOT TURN, SIDE CHA

- 2&3 Rock right foot across in front of left, recover back to left foot, step right foot to right side
- 4&5 Rock left foot across in front of right, recover back to right foot, step left foot to left side
- 6-7 Turn ¼ left, step forward with right foot, leaving feet where they are, turn ¾ left, shift weight forward to left foot
- 8&1 Step right foot to right side, step together with left, step right foot to right side

BACK ROCK, RECOVER, SIDE CHA, BACK ROCK, RECOVER, ¼ TURN BALL CHANGE

- 2-3 Rock left foot crossed behind right, recover forward to right foot
- 4&5 Step left foot to left side, step together with right, step left foot to left side
- 6-7 Rock right foot crossed behind left, recover forward to left foot, starting to turn left slightly
- &8 Complete a total of ¼ turn left which was started on count 7, rock back with ball of right foot, recover forward to left foot

Styling for ball change on &8: keep body upright with weight forward over left foot, bend left knee slightly to lower body. The right foot should be back about a foot behind you as you do the ball change. You might feel as if you are in a slight lunge position with the legs. It is not low though. (Notice the count here is &8, not 8& as you might normally have in this kind of cha. The music has the feeling of &8 here, thus I chose to choreograph &8 for musicality.)

REPEAT

ENDING: At the very end of the song, it may be hard to feel the beat, but keep dancing. The last beat of the song should be as you step to the left side following the two Mambo Cross Rocks in the 3rd set of 8. Stomp that left foot to the side for a strong finish

