

Mini-Mambo

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jan Brookfield (UK) - March 2008
音乐: Jambalaya (On the Bayou) - Eddy Raven & Jo-EI Sonnier : (CD: On The Bayou)



Or Music:

Walk Of Life by Dire Straits [173 bpm / Sultans Of Swing / The Very Best Of]

Sea Salt Sally by Rick Guard

Sharing The Night Together by Dr. Hook

Under The Boardwalk by The Drifters [107 bpm / Under the Boardwalk]

Big Spender by Shirley Bassey [The Greatest Hits]

STEP, HOLD, SIDE, HOLD, COASTER STEP, HOLD

1-4 Step right forward, hold; step left to side, hold

5-8 Coaster step (step back right, step left next to right, step right forward), hold

STEP, HOLD, SIDE, HOLD, COASTER STEP, HOLD

1-4 Step left forward, hold; step right to side, hold

5-8 Coaster step (step back left, step right next to left, step left forward), hold

MAMBO FORWARD, HOLD, MAMBO BACK, HOLD

1-4 Mambo forward (rock forward on right, rock left back, step right next to left), hold

5-8 Mambo back (rock left back, rock forward on right, step left next to right), hold

SCISSOR CROSS, HOLD, ROCK, TURN, STEP

1-4 Scissor cross (rock on right to side, slide left up to right, cross right over left), hold

5-8 Rock on left to side, making a ¼ turn right rock weight onto right, step left forward

REPEAT
