

Mambo Aiya

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Laura K. - October 2008
音乐: Mambo - Helena Paparizou



Forward & Back Mambo, Side Mambo With A Cross, Back ¼, Side ¼

1&2 Small step forward on Right foot, recover onto Left, step Right beside Left
3&4 Small step back on Left foot, recover onto Right, step Left beside Right
5&6 Small step to right on Right foot, recover onto Left, cross Right over Left
7,8 Make ¼ turn right stepping back onto Left(3:00), make ¼ right stepping right to right side (6:00)

Cross Rock, Recover, Side Shuffle, Cross Rock, Recover, ¼ Turn Shuffle

1,2 Cross Left over Right rocking weight onto Left foot, recover weight onto Right
3&4 Step Left to left side, step Right beside Left, step Left to left side
5,6 Cross Right over Left rocking weight onto Right foot, recover weight onto Left
7&8 Step Right to right side, step Left beside Right, make ¼ turn right stepping fwd on Right* (9:00)

Hip Bumps X2, ½ Pivot, Fwd Shuffle

1&2 Step forward onto Left while bumping hips L,R,L
3&4 Step forward onto Right while bumping hips R,L,R
5,6 Step forward onto Left and pivot ½ turn to right (3:00), stepping forward onto Right
7&8 Step forward onto Left, step Right beside Left, step forward onto Left

Walk Or Turn X2, Shuffle, ¼ Turn Pivot, Cross, Back ¼, Side ¼

1,2 Walk fwd R,L (or 2x ½ turn over left shoulder traveling fwd)
3&4 Step forward onto Right, step Left beside Right, step forward onto Right
5,6 Step forward onto Left, turn ¼ to right putting weight onto Right (6:00)
7&8 Step Left across Right, step back Right while turning ¼ left (3:00), step side Left while making ¼ left (12:00)

Jazz Box With A Cross, Side Shuffle, ¼ Turn Side Shuffle

1,2 Cross Right over Left, step back onto Left
3,4 Step to right side onto Right foot, step Left foot across Right
5&6 Step Right to right side, step Left beside Right, step Right to right side
7&8 While making a ¼ turn left step Left to left side (9:00), step Right beside left, step Left to side

½ Turn Pivot X 2 (Or Rock Fwd and Back), Heel Switches, Big Step, Together

1,2 Step forward Right and pivot ½ turn to left, putting weight onto Left (3:00)
3,4 Step forward Right and pivot ½ turn to left, putting weight onto Left (9:00)**
(alternative for 1-4, rock fwd on Right, recover on Left, rock back on Right, recover on Left)
5&6& Put Right heel forward, step Right beside Left, put Left heel forward, step Left beside Right
7,8 Take a big step forward onto Right, step Left beside Right, ending with weight on Left

Start Again

*1st Restart-On 3rd wall, after 16 counts (after ¼ shuffle), add "&" count putting weight onto left, start again

**2nd Restart-on 6th wall, after 44 counts (after 2x ½ turn pivots) start again

Enjoy!