

Hey Mambo!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Catherine Chew (SG) - November 2010
音乐: Mambo Italiano - Bette Midler



After 32 counts of music (23 seconds), dance intro of 16 counts and then into main dance routine

Intro: 16 counts

[1-8] Side Mambo Cross, Hold; Side Mambo Cross, Hold

1-4 Step R to R side, recover weight on L, cross step R over L, hold;
5-8 Step L to L side, recover weight on R, cross step L over R, hold (Travelling forward). (12)

[9-16] Forward ½ L Forward, Hold, Forward ½ R Forward, Hold

1-4 Step R forward, ½ L pivot turn, step R forward hold;
5-8 Step L forward, ½ R pivot turn, step L forward hold. (12)

Main Dance: 32 counts

[1-8] Point, Kick, Cross, Point; Back, Point, ¼ R, Point

1-4 Point R behind L heel, kick R diagonally forward, step R over L, point L to L side;
5-8 Step L back, point R to R side, ¼ R turn step R next to L, point L to L side. (3)

[9-16] Cross, Side, Cross, Flick; Cross, Side, Behind, Point

1-4 Cross step L over R, step R to R side, cross step L over R, R flick back;
5-8 Cross step R over L, step L to L side, step R behind L, point L to L side. (3)

[17-24] ¼ L Back, Replace, ¼ R, Point; Back, Point, Back, Point

1-4 *¼ L step L back, recover weight on R, ¼ R turn step L next to R, point R next to L;

*(Easy option: step L back, recover weight on R, step L next to R, point R next to L)

5-8 Step R back, point L to L side, step L back, point R to R side. (3) ***

*** RESTART point at Wall 7 after 24 counts. Start dance facing 6'clock & end dance facing 9 o'clock.

[25-32] Step Side With R&L Shimmy; (Forward, ¼ L Pivot) X2

1&2 Step R to R side, R knee bent and body lean towards R with shoulder shimmy 2 times;
3&4 Recover weight on L, L knee bent and body lean towards L with shoulder shimmy 2 times;
5-8 Step R forward, ¼ L pivot turn, step R forward, ¼ L pivot turn with both arms above the head swing anticlockwise circle twice. (9)

ENDING: After dancing 10th wall facing 12 o'clock, dance 1st 8 counts and finish with ¼ L step to L, point R to R side facing front wall and strike a pose.

Happy Dancing!