

Horizontal Mamba

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Clare Bull (UK) - February 2011
音乐: The Night Is Still Young (feat. Thomas Anders) - Sandra : (3:21)



Intro: 40 Counts (23 Sec.)

CROSS SAMBAS R&L, FWD ROCK, BACK, DRAG

1&2 Cross step Right Forward over Left, Rock Left to Left side, Recover weight on Right
3&4 Cross step Left Forward over Right, Rock Right to Right side, Recover weight on Left
5,6 Rock fwd on right, replace weight on left
7,8 Step back on right, drag left next to right taking weight on left

Note: Steps 1-4 Should Travel Forward

SHUFFLE FWD, PIVOT 1/4, CROSS & CROSS, CHASSE

1&2 Step fwd on right, step together with left, step fwd on right
3,4 Step fwd on left, make a 1/4 turn right taking weight on right
5&6 Cross left over right, step right to right side, cross left over right
7&8 Step right to right side, step together with left, step right to right side

BACK ROCK, CHASSE, PIVOT 1/2, ROCK & CROSS

1,2 Rock back on left, replace weight on right
3&4 Step left to left side, step together with right, step left to left side
5,6 Step fwd on right, make a 1/2 turn left taking weight on left
7&8 Rock right out to right side, replace weight on left, cross right over left

SIDE MAMBO, SIDE MAMBO STEP, STEP 1/2 STEP, SWAY R,L

1&2 Rock Left to Left side, recover weight on Right, step Left next to right
3&4 Rock Right to Right side, recover weight on Left, step fwd on right
5&6 Step fwd on left making half turn right, taking weight on right, step fwd on left
7,8 Sway right, left

**** Restart during wall 2 & wall 6**

FWD HIP BUMPS R/L/R, L/R/L, PIVOT 1/4, CROSS & CROSS, SIDE

1&2 Touch right toe fwd side & bump hips R/L/R keeping weight on right
3&4 Touch left toe fwd side & bump hips L/R/L keeping weight on left
5,6 Step fwd on right, make a 1/4 turn left taking weight on left
&7&8 Cross right over left, step left to left side, cross right over left, step left to left side

*** Restart during wall 5**

SAILOR STEP, SAILOR 1/4, SEXY WALKS R,L

1&2 Step right behind left, step left to left side, step right to right side
3&4 Step left behind right, make a 1/4 turn left stepping right to right side, step left to left side
5,6 Walk fwd on right with attitude, hold
7,8 Walk fwd on left with attitude, hold

Restart: Wall 2 After 32 Counts

Restart: Wall 5 After 40 Counts

Restart: Wall 6 After 32 Counts

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