

Mambo Rock

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Angels Guix (ES) - April 2011
音乐: Hey Mambo! - Les Forbans



Start dancing on lyrics - Sequence: M-R-M-R M-M-R-R M-R-M-TAG R-R-M-R-HOLD-R

Part M: Mambo

Toe Strut X4

1-2 Step over right toe forward, heel of right down
3-4 Step over left toe forward, heel of left down
5-6 Step over right toe forward, heel of right down
7-8 Step over left toe forward, heel of left down

Rock Forward, Recover, Together, Step In Place, Rock Right, Recover, Together, Hold

1-2 Rock right forward, recover back over left
3-4 Step right together, step left in place
5-6 Rock right to side, recover over left
7-8 Step right together, hold

17-24 Repeat from 1 to 8 starting with left
25-32 Repeat all rocking section, from 9 to 16, with left

Part R: Rock

Triple Step Right, Rock Step, Triple Step Left With Turn $\frac{1}{4}$ Left, $\frac{1}{2}$ Pivot Turn

1&2 Chassé side right, left, right
3-4 Cross/rock left behind right, recover forward over right
5&6 Step left to side, step right together, turn $\frac{1}{4}$ left and step left forward
7-8 Step right forward, turn $\frac{1}{2}$ left and step left forward

Kick Forward & Step X4 (Traveling Forward)

1-2 Kick right forward, step right slightly forward
3-4 Kick left forward, step left slightly forward
5-6 Kick right forward, step right slightly forward
7-8 Kick left forward, step left slightly forward

Grapevine Right, Step Left To Side, Cross Right Behind, Turn $\frac{1}{4}$ Left & Step Left Forward, Hold

1-2 Step right to side, cross left behind right
3-4 Step right to side, touch left together
5-6 Step left to side, cross right behind left
7-8 Turn $\frac{1}{4}$ left and step left forward, hold

Step Turn Stomp, Hold, Step Back X3, Hold

1-2 Step right forward, turn $\frac{1}{2}$ left and step over left
3-4 Stomp right forward, hold
5-6 Step left back, step right back
7-8 Step left back, hold

TAG: 16 Counts.

Slow Walk Around To Turn $\frac{1}{2}$ To Right

1-2 Step right forward starting the $\frac{1}{2}$ walk around, hold
3-4 Step left forward, hold
5-6 Step right forward, hold

7-8 Step left forward, hold

Run Forward With 4 Steps, Hold X4

1-2 Step right forward, step left forward

3-4 Step right forward, step left forward

5-6 Hold

7-8 Hold
