El Loco Mambo (A Crazy Mambo)



拍数: 32 墙数: 4 级数: Improver Mambo motion

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音乐: Mambo Loco - Orchestra Bagutti : (CD: Latino 2011)



Start dancing at (13 Sec).

[1-8] Hip Bumps R-L-R, Chasse, ½ L, Lift, Hip Bumps R-L-R, Chasse ¼ L.

1&2 Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf.

(12:00)

3&4& Step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf, Turn ¼ left (6) lift R

knee up,

Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf.

7&8 Step Lf to the left, step Rf next to Lf, turn ¼ left (3) step Lf forward.

[9-16] Fwd Mambo, Back, ½ Triple L, Syncopated Cross Vine L, ½ Unwind L.

1&2 Mambo Rf forward, recover on Lf, step Rf back weight onto Rf.

3&4 Triple ½ left (9) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto

Lf. **Restart**

5&6& Cross Rf over Lf, step Lf to the left, step Rf behind Lf, step Lf to the left weight onto Lf.

7-8 Cross Rf over Lf, unwind ½ left (3) taking weight onto Lf.

3rd Restart here WALL 6 after 12 counts (Note: Step Rf next to Lf weight onto Lf, Hold) (Facing 6 o'clock).

[17-24] Syncopated Heel Grind ¼ Turn R, Together, Syncopated Heel Grind ¼ Turn L, Together, Syncopated Heel Grind ¼ Turn R, Back, Cross & Cross.

Heel grind with Rf (toes from left to right) turn ½ right (6), step Lf back weight onto Lf, step Rf

next to Lf.

3&4 Heel grind with Lf (toes from Right to left) turn ¼ left (3), step Rf back weight onto Rf, step Lf

next to Rf

Heel grind with Rf (toes from left to right) turn ¼ right (6), step Lf back weight onto Lf, step Rf

back.

7&8 Cross Lf over Rf, step Rf slightly to the right, cross Lf over Rf weight onto Lf. (6)

[25-32] 1/4 Cross Samba (Right), Lock Step Fwd, Kick, Replace, Back Rock, Recover, Cross Mambo, Side.

1&2 Cross step Rf over Lf, turn 1/4 to right (9) step Lf to the left slightly forward, step Rf to the

right slightly forward.

3&4 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf. **Restarts**

5&6& Kick Rf forward, step Rf back in place, rock Lf back, recover on Rf.

7&8 Cross mambo Lf forward, recover on Rf, step Lf to the left weight onto Lf. (9:00)

Restarts Here WALL 3/5 after 28 count first (facing 3 o'clock), 2nd (facing 9 o'clock).

Start again and have fun!