

La Mamba

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Penny Tan (MY) - November 2012
音乐: La Mamba - Los Locos



Intro: 16 Counts

[1 – 8] Fwd walk, walk, cross samba, fwd walk, walk, cross samba

1 – 2 Step fwd on RF, LF
3 a 4 Cross RF over LF, rock LF to LF side, recover on RF
5 – 6 Step fwd on LF, RF
7 a 8 Cross LF over RF, rock RF to RF side, recover on LF

[9 -16] Stationary samba walk RF, LF (repeat twice)

1 a 2 Close RF next to LF fwd, step LF to back, recover weight on RF
3 a 4 Close LF next to RF fwd, step RF to side, recover weight on LF
5 a 6 Close RF next to LF fwd, step LF to back, recover weight on RF
7 a 8 Close LF next to RF fwd, step RF to side, recover weight on LF

[17-24] Cross samba, cross samba (repeat twice)

1 a 2 Cross RF over LF, rock LF to LF side, recover on RF
3 a 4 Cross LF over RF, rock RF to RF side, recover on LF
5 a 6 Cross RF over LF, rock LF to LF side, recover on RF
7 a 8 Cross LF over RF, rock RF to RF side, recover on LF

[25-32] Traveling volta L, ½ turn L(6.00) traveling volta R

1&2&3&4 Cross RF over LF, step LF toe to side, cross RF over LF, step LF toe to side, cross RF over LF, step LF toe to side, cross RF over LF
5&6&7&8 ½ turn to L(6.00), cross LF over RF, step RF toe to side, cross LF over RF, step RF toe to side, cross LF over RF, step RF toe to side, cross LF over RF

[32-40] Syncopated weave, cross shuffle, syncopated weave, cross shuffle

1&2& Cross RF over LF, step LF to side, step RF behind LF, Step LF to side
3&4 Cross RF over LF, step LF to side, cross RF over LF
5&6& Cross LF over RF, step RF to side, step LF behind RF, Step RF to side
7&8 Cross LF over RF, step RF to side, cross LF over RF

[41-48] Step RF fwd, together, back, step back on LF, together, fwd (repeat twice)

1 a 2 Step fwd on RF, step LF beside RF, step back on RF
3 a 4 Step back on LF, step RF beside LF, step fwd on LF
5 a 6 Step fwd on RF, step LF beside RF, step back on RF
7 a 8 Step back on LF, step RF beside LF, step fwd on LF

[49-56] Cross point, side point, cross point, side point, paddle ¼ turn L (x4)(6.00)

1 a 2 a Cross touch RF over LF, touch RF to R side
3 a 4 Cross touch RF over LF, touch RF to R side
5&6& Step RF fwd, turn ¼ L (weight to L), Step RF fwd, turn ¼ L(weight to L)
7&8 Step RF fwd, turn ¼ L (weight to L), Step RF fwd, turn ¼ L(weight to R)

[57-64] Cross point, side point, cross point, side point, paddle ¼ turn R (x4)(6.00)

1 a 2 a Cross touch LF over RF, touch LF to L side
3 a 4 Cross touch LF over RF, touch LF to L side
5&6& Step LF fwd, turn ¼ R (weight to R), Step LF fwd, turn ¼ R(weight to R)

7&8 Step LF fwd, turn $\frac{1}{4}$ R (weight to R), Step LF fwd, turn $\frac{1}{4}$ R(weight to L)

Dance again !

Contact: seremban_info@yahoo.com
