

Hey Mambo

COPPER KNOB
BY STEPHEN METZ

拍数: 16 墙数: 4 级数: Improver
编舞者: Anne Herd (AUS) - February 2013
音乐: Mambo Italiano - Rosemary Clooney : (CD: 16 Biggest Hits - iTunes - 2:33)



Start dancing on lyrics - Moving CW (1 Restart)

Mambo Forward, Mambo Back, Side Rock Samba, Side Rock Samba

1&2-3&4 Rock forward on R, recover to L, Step R beside L. Rock back on L, recover to R, Step L beside R
5&6-7&8 Rock R to side, Cross R over L. Rock L to side, Cross L over R, (done moving slightly forward).

Step Lock, Step. ¼ Pivot, Step, Side Together, Side Together

1&2-3&4 Step R forward, Lock L behind R, Step forward on R. Step forward on L, Turn a ¼ R taking weight to R, step L forward
5-6-7-8 Step R to side, Step L beside R, Step R to side, Step L beside R (shimmy shoulders and clap on side steps)

[16] - Restart Dance

Restart: On wall 4, dance the first 8 counts and restart the dance from the beginning.

To end dance, dance to count 10 (step lock step) and stomp L to side.

Note: This is a jumpy little tune so add some hip movements and style.

This dance was written to give dancers who are at the Improver level an easy and short introduction to Mambo & Samba steps.

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