

Bailando Mambo

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Roosamekto Mamek (INA) - June 2016
音樂: Bailando by Enrique Iglesias (Mambo Remix)



Intro: 32 Counts

S1: RIDE SIDE MAMBO, LEFT SIDE MAMBO, WALK BACK R-L, OUT, OUT, IN, IN

1&2 Rock R to side – Recover on L – Step R together (12:00)
3&4 Rock L to side – Recover on R – Step L together
5-6& Step R back – Step L back – Step R to side (out)
7&8 Step L to side (out) – Step R in – Step L together (12:00)

S2: SIDE CHASSE, SIDE CHASSE TURN 1/2 RIGHT, ROCK, RECOVER, SIDE

1&2 Step R to side – Step L together – Step R to side
3&4 Turn ½ right step L to side – Step R together – Step L to side (06:00)
5&6 Rock R behind L – Recover on L – Step R to side
7&8 Rock L behind R – Recover on R – Step L to side

S3: SIDE CHASSE, SIDE CHASSE TURN 1/2 RIGHT, ROCK, RECOVER, SIDE

1&2 Step R to side – Step L together – Step R to side
3&4 Turn ½ right step L to side – Step R together – Step L to side (12:00)
5&6 Rock R behind L – Recover on L – Step R to side
7&8 Rock L behind R – Recover on R – Step L to side

S4: CROSS/ROCK, RECOVER, SIDE STEP, WALK FORWARD R-L, SIDE MAMBO

1&2 Cross/Rock R over L – Recover on L – Step R to side
3&4 Cross/Rock L over R – Recover on R – Step L to side
5-6 Step R forward – Step L forward
7&8 Rock R to side – Recover on L – Step R together (12:00)

Restart happens here on wall 3 (06:00). Change step: TOUCH R together on count 8.

S5: FORWARD MAMBO, BACK LOCKED SHUFFLE, COASTER STEP TURN 1/4 LEFT, FORWARD LOCKED SHUFFLE

1&2 Rock L forward – Recover on R – Step L slightly back
3&4 Step R back – Lock L over R – Step R back
5&6 Cross L behind R and turn 1/4 left – Step R beside L – Step L forward (09:00)
7&8 Step R forward – Lock L behind R – Step R forward

S6: LEFT SIDE MAMBO, RIGHT SIDE MAMBO, WALK BACK L-R, COASTER STEP

1&2 Rock L to side – Recover on R – Step L together
3&4 Rock R to side – Recover on L – Step R together
5-6 Step L back – Step R back
7&8 Step L back – Step R together – Step L forward (09:00)

S7: FORWARD SHUFFLE, FORWARD, TURN 1/2 RIGHT, TOUCH, FORWARD LOCKED SHUFFLE

1&2 Step R forward – Step L beside R – Step R forward
3&4 Rock L forward – Turn ½ right – Touch L beside R (03:00)
5&6 Step L forward – Lock R behind L – Step L forward
7&8 Step R forward – Lock L behind R – Step R forward

S8: LEFT SIDE MAMBO, RIGHT SIDE MAMBO, MAMBO CROSS, SIDE, CROSS SHUFFLE

1&2 Rock L to side – Recover on R – Step L together

3&4 Rock R to side – Recover on L – Step R together
5&6& Rock L to side – Recover on R – Cross L over R – Step R to side
7&8 Cross L over R – Step R to side – Cross L over R (03:00)

REPEAT

RESTART: On wall 3 (06:00). Dance only 32 counts (S. 4). Change step on count 8, instead of STEP R together, do the TOUCH R together.

For more info about song & step sheet, please contact: Roosamekto.Nugroho@gmail.com

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