

Sexy Mambo

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Roosamekto Mamek (INA) - August 2016
音樂: Sexy Mambo - Renzo Tomassini



Intro: 16 counts (count after you hear "One, Two, Three, Four ...")

S1: CROSS SHUFFLE, SIDE MAMBO

1&2 Cross R over L – Step L to side – Cross R over L
3&4 Cross L over R – Step R to side – Cross L over R
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together

S2: BACK LOCK SHUFFLE, COASTER STEP, FORWARD MAMBO, COASTER STEP

1&2 Step R back – Lock L over R – Step R back
3&4 Step L back – Step R together – Step L forward
5&6 Rock R forward – Recover on L – Step R back
7&8 Step L back – Step R together – Step L forward

S3: MAMBO CROSS, SIDE, CROSS SHUFFLE, MAMBO TURN 1/4 RIGHT, FORWARD LOCK SHUFFLE

1&2& Rock R to side – Recover on L – Cross R over L – Step L to side
3&4 Cross R over L – Step L to side – Cross R over L
5&6 Rock L to side – Turn ¼ right – Step L forward
7&8 Step R forward – Lock L behind R – Step R forward

S4: SIDE MAMBO, MAMBO TURN 1/2 LEFT, MAMBO TURN 1/4 LEFT

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 forward – Recover on R – Turn ½ left step L forward
7&8 Rock R forward – Turn ¼ left – Step R together

S5: BOX STEP, SIDE CHASSE, SAILOR STEP TURN 1/4 RIGHT

1&2 Step L to side – Step R together – Step L forward
3&4 Step R to side – Step L together – Step R back
5&6 Step L to side – Step R together – Step L to side
7&8 Cross R behind L – Turn ¼ right step L to side – Step R forward

S6: ROCKING CHAIRS, MAMBO CROSS TURN 1/4 RIGHT, SIDE CHASSE, HITCH WITH TURN 1/4 LEFT, SIDE CHASSE

1&2& Rock L forward – Recover on R – Rock L back – Recover on R
3&4 Rock L forward – Turn ¼ right – Cross L over R
5&6& Step R to side – Step L together – Step R to side – Hitch L knee up and make a 1/4 turn left
7&8 Step L to side – Step R together – Step L to side

S7: CROSS ROCK, FORWARD LOCK SHUFFLE, MAMBO TURN 1/2 RIGHT

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 – Lock L behind R – Step R forward
7&8 Rock L forward – Turn 1/2 right – Step L forward

S8: FORWARD LOCK SHUFFLE, MAMBO CROSS TURN 1/4 RIGHT, SIDE CHASSE, BACK ROCK, RECOVER, SIDE

1&2 Step R forward – Lock L behind R – Step R forward

3&4 Rock L forward – Turn 1/4 right – Cross L over R
5&6 Step R to side – Step L together – Step R to side
7&8 Rock L behind R – Recover on R – Step L to side

REPEAT

RESTART: On wall 3 after 16 counts (S.2)

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