

Mambo

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sunny Jeong (KOR) - May 2022
音樂: Mambo - Helena Paparizou



Intro: 16 Counts – Restart On Wall 4 at 16 counts

[Sec.1] FORWARD R/L, SIDE MAMBO R/L, ¼L SIDE ROCK, RECOVER

12 RF step forward(1), LF step forward(2)
3&4 RF step side(3), LF recover(&), RF step beside LF(4)
5&6 LF rock side(5), RF recover(&), LF step beside RF(6)
78 RF ¼ turn L rocking side(7), LF recover(8) 9.00

[Sec.2] CROSS, BACK, SIDE CHA CHA, CROSS ROCK, RECOVER, SIDE CHA CHA

12 RF cross over LF(1), LF step backward(2)
3&4 RF step side(3), LF step beside RF(&), RF step side(4)
56 LF rock over RF(5), RF recover(6)
7&8 LF step side(7), RF step beside LF(&), LF step side(8) 9.00

[Sec.3] ½R FORWARD CHA, ¼L FORWARD CHA, BACKWARD CHA, ¼R BACKWARD CHA

1&2 RF ½R stepping forward (1), LF lock behind RF(&), RF step forward(2) 10.30
3&4 LF ¼L stepping forward (3), RF lock behind LF(&), LF step forward(4) 7.30
5&6 RF stepping backward (5), LF lock over RF(&), RF step backward(6) 1.30
7&8 LF ¼R stepping backward (7), LF lock over RF(&), LF step backward(8) 4.30

[Sec.4] ¼L SIDE & BOTH HELL SWIVEL, (¼L SIDE ROCK, RECOVER)×2

1-4 RF ½ turn L side & Both heel swivel R,L,R,L(1,2,3,4)
5-8 RF ¼L rocking side(5), LF recover(6), RF ¼ turn L rocking side(7), LF recover(8)

Happy Dancing!

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