

Mambolé

拍數: 32 牆數: 4 級數: Low Improver
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音樂: Mambolé - Gibson Brothers



Intro:40 counts

Sec 1: SAMBA STEPS R-L, SHUFFLE BACK R-L

1&2 RF. Rock to R-side – LF. Recover – RF. Cross over LF (12.00)
3&4 LF. Rock to L-side – RF. Recover – LF. Cross over RF
5&6 RF. Step backward – LF. Step together – RF. Step backward
7&8 LF. Step backward – RF. Step together – LF. Step backward

Sec 2: COASTER STEP, SHUFFLE FWD, PIVOT 1/4 L, PIVOT 1/4 R

1&2 RF. Step back– LF. Step together – RF. Step fwd (12.00)
3&4 LF. Step fwd – LF. Step together – LF. Step fwd
5&6 RF. step fwd – LF. 1/4 turn L – RF. Step fwd (9.00)
7&8 LF. Step fwd – RF. 1/4 turn R – LF. Step fwd (12.00)

Sec 3: STEP 1/8 ,1/8, 1/8, 1/8 R, STEP 1/8, 1/8, 1/8 ,1/8 L

1&2& RF. 1/8 turn R – LF. Step together – RF. 1/8 turn R – LF. Step together (3.00)
3&4 RF. 1/8 turn R – LF. Step together – RF. 1/8 turn R (6.00)
5&6& LF. 1/8 turn L – RF. Step together – LF. 1/8 turn R – RF. Step together (3.00)
7&8 LF. 1/8 turn L – RF. Step together – LF. 1/8 turn L (12.00)

Sec 4: MAMBO FWD, MABMO BACK, PIVOT 1/4 L, HEEL SWIVELS R-L-R-L

1&2 RF. Rock fwd – LF. Recover – RF. Step back
3&4 LF. Rock back – RF. Recover – LF. Step fwd
5&6 RF. Step fwd – LF. 1/4 turn L – RF. Step together (9.00)
7&8& Heel (R+L) R-L-R-L

ENJOY !!