

Mariana Mambo

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Penny Tan (MY) - March 2025
音樂: Mariana Mambo - The Salsaboyz



No Tag / Restart x2

*Restart on W3 & W7 after 16C , both facing 9:00

Intro Dance (16C x3)

iSec1:V Step , Mambo Steps

1-4 Step RF fwd diagonally , step LF fwd diagonally , step RF back to center , step LF next to RF
5&6 Step RF to R ,recover on L , step RF next to LF
7&8 Step LF to L , recover on R , step LF next to RF

isec2:Walk Fwd R-L , Mambo Steps , Walk Back L-R , Mambo Steps

1-2 Walk fwd R , walk fwd L
3&4 Step RF fwd ,recover on L ,step RF back
5-6 Walk back L , walk back R
7&8 Step LF back, recover on R ,step LF fwd

Main Dance (32C)

SEC1:MAMBO STEPS

1&2 Step RF to R side ,recover on L , step RF next to LF
3&4 Step LF to L side , recover on R , step LF next to RF
5&6 Step RF fwd ,recover on L ,step RF next to LF with push hips back
7&8 Step LF fwd , recover on R , step LF next to RF with push hips back

SEC2:1/4 TURN R DIAMOND STEP , MAMBO CROSS (R-L)

1&2 Cross RF over LF , 1/8 turn R ,step LF back , step RF back with hitch L knee up (10:30)
3&4 Step LF back , 1/8 turn R , step RF to R side , step LF fwd (3:00)
5&6 Rock RF to R side , recover on L , cross RF over LF
7&8 Rock LF to L side , recover on R , cross LF over RF

* Restart here on W3 & W7 after 16C , both facing 9:00

SEC3:BOTA FOGO (R-L), MAMBO STEPS

1&2 Cross RF over LF , step LF to L side , step RF on R
3&4 Cross LF over RF , step RF to R , step LF on L
5&6 Step RF fwd ,recover on L ,step RF next to LF
7&8 Step LF back,recover on R ,step LF next to RF

SEC4:CUMBIA , VOLTA FULL TURN R , TOGETHER

1&2 Step RF behind LF , recover on L , step RF , step RF to R
3&4 Step LF behind RF , recover on R , step LF to L
5&6& ¼ turn R , ball step LF on L , 1/2 turn R , step RF fwd , ball step LF on L
7-8 ¼ turn R , step RF fwd , step LF next to RF (3:00)

Have fun and happy dancing!

Last Update: 31 Mar 2025