

La Mamba

拍數: 0 牆數: 2 級數: Advanced
編舞者: Rob "I" Ingenthron (USA) & Toby Munroe (USA)
音樂: I Wanna Be Like You (Radio Edit) - Big Bad Voodoo Daddy



Sequence: Hold for 32 counts, ABC, AB, C (counts 1-16), ABC, A, B (1-3, face front on count 3), then finish with Tap Tap Hit (&a8)

"I Wanna Be Like You (Radio Edit)" by Big Bad Voodoo Daddy is not the version on the "Swingers" soundtrack

SECTION A

RIGHT-BALL CHANGE, BALL CHANGE, SAILOR, LEFT-BALL CHANGE, BALL CHANGE, SAILOR

- 1-2 Right press forward, right press side - use balls of feet (slight un-weighting of left foot occurs while pressing)
- 3&4 Hook right foot behind, replace weight to left, step right foot to side (sailor step)
- 5-6 Left press forward, left press side - use balls of feet (slight un-weighting of right foot occurs while pressing)
- 7&8 Hook left foot behind, replace weight to right, step left foot to side (sailor step)

KICK & TURN, COASTER, POINT & TURN, COASTER

- 1&a2 Kick right foot forward (low), step right foot beside left, point left foot to side, ¼ turn to left (sharp)
- 3&4 Step back left foot, step together right, step forward left ("coaster")
- 5&6 Point right foot forward, point right foot back, ½ turn to right (keeping right toe on the floor, pointed)
- 7&8 Step back right foot, step together left, step forward right ("coaster")

SYNCOPATED ROCK, HOOK TURN, CUCARACHAS

- 1&2 Rock forward left foot, replace weight right, step back left foot
- 3&4 Hook right foot back, unwind to right ¾ turn while stepping left, right
- 5&6 Step left to side, replace weight right, step together with left foot ("cucaracha")
- 7&8 Step right to side, replace weight left, step together with right foot ("cucaracha")

TURNING SAMBA BOXES

- 1a2 Step forward left foot, turn ¼ to left and step to side right foot, step together with left foot (right hip to right)
- 3a4 Step back right foot, turn ¼ to left and step to side left foot, step together with right foot (left hip to left)
- 5a6 Step forward left foot, turn ¼ to left and step to side right foot, step together with left foot (right hip to right)
- 7a8 Step back right foot, turn ¼ to left and step to side left foot, step together with right foot (left hip to left)

SECTION B

CROSS, TWIST, BOUNCE AND WALK

- 1&2 Cross left foot in front (weight on both feet), twist heels to left, return heels to center
- 3&4 Hook left foot behind while turning ¼ to left, step together right, step forward left (turn ¼ to left during & 4)
- 5&6 Step forward right, bounce shoulders down twice while turning to left ½ turn (weight stays on right foot)
- 7&8 Step forward left, step forward right (small step), turn ¼ to left and step forward left

"WALK LIKE YOU", SYNCOPATED ROCK, SLIDE, COASTER

- 1&2 (Words start "I'm gonna...") take three steps forward (right, left, right) - strut with lots of hip action
- 3&4 Rock forward left foot, replace weight right, step back left foot
- &5-6-7 Turn ¼ to right (weight on left), slide to right while stepping to right foot (5), hold 6-7 while bringing left slowly together with the right (keeping the right foot weighted)
- 8&1 Step back left foot, step together right foot, step forward left foot ("coaster")

WALK, LOCK STEP, HOOK TURN

- 2-3-4 Step forward right, turn ½ to left and replace weight forward left (push turn), step forward right
- 5&6 Step forward left, lock right behind, step forward left ("lock step")
- &7-8 Step forward right, hook left foot behind, turn ½ to left keeping weight on right foot

BOTA FOGOS, SPOT VOLTA, HIGH SWEEP

- 1a2 Step diagonally across with left, step right to side (partial weight), replace weight to left ("bota fogo")
- 3a4 Step diagonally across with right, step left to side (partial weight), replace weight to right ("bota fogo")
- 5a6 Step diagonally across with left, step right to side (partial weight), replace weight to left ("bota fogo")
- &7-8 Step forward right (ball of foot), turn ½ to left replace weight across to left, forward sweep right foot (knee level)

SECTION C

CROSS & CROSS, BACK POINTS, FLICK, WALK, LOCK STEP

- 1&2 Step across with right, pull left into 5th position and step on it, step across with right
- &3&4 Step side left, point right toe to left behind left foot, step side right, point left toe to right behind right foot
- &5-6 Turn ¼ to left step forward left (small step), flick right foot back while turning ½ to left, step forward right
- 7&8 Step forward left, lock right behind, step forward left ("lock step")

CHAINÉ TURN, BOUNCING HIP CIRCLE

- 1&2 Step forward right, turn ¼ to right and step together left, turn ¾ to right and step forward right
- 3-4 Turn ¼ to right and step sideways on left, hold 4 (weight on both feet)
- 5-6-7-8 Big bouncing hip circle backwards from left to right (5-7), turn ½ to left and step together with right

Note: this is where you would start the dance over on the second wall if you are using the full version (radio edit) of "I Wanna Be Like You", either doing a ½ turn for the 2-wall version, or no turn or a full turn for the 1-wall version

SLOW BUTTA CATAS, TWIST, SWIVELS

- 1-2& Press left forward (ball of foot - small step), roll left hip over left foot, step back left - in 5th position
- 3-4& Press right forward (ball of foot - small step), roll right hip over right foot, step back right - in 5th position
- 5-6 Twist heels to right, return heels to center
- 7-8 Swivel to right and step on right, swivel to left and step on left

RIGHT TAP STEP, LEFT TAP STEP, THREE SPOT VOLTAS, TAP TAP HIT

&5&6&7 should comprise 1 full turn

- 1-2 Tap right foot diagonally to right (pushing right hip forward), place weight on right
- 3-4 Tap left foot diagonally to left (pushing left hip forward), place weight on left
- &5 Turning to your left, step ball of right foot to side (small), replace weight to left across ("spot voltas")
- &6 Repeat (&5) - you are basically spinning around the spot where your left foot is. ("spot voltas")

- &7 Repeat (&5) - you are basically spinning around the spot where your left foot is. ("spot voltas")
- &A8 Tap ball of right forward, press ball of right more forward, throw both hands in the air (elbows point forward weight is pressed forward on ball of right foot, slightly un-weight to start again)

REPEAT

1-WALL VARIATION STEPS

&5&6&7 turn should be a 1 and ½ turn back to the front/start-of-dance

- 1-2 Tap right foot diagonally to right (pushing right hip forward), place weight on right
- 3-4 Tap left foot diagonally to left (pushing left hip forward), place weight on left
- &5 Turning to your left, step ball of right foot to side (small), replace weight to left across ("spot voltas")
- &6 Repeat (&5) - you are basically spinning around the spot where your left foot is. ("spot voltas")
- &7 Repeat (&5) - you are basically spinning around the spot where your left foot is. ("spot voltas")
- &A8 Tap ball of right forward, press ball of right more forward, throw both hands in the air (elbows point forward weight is pressed forward on ball of right foot, slightly un-weight to start again)
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