

Lambada Kaoma

拍數: 56 牆數: 4 級數: Intermediate mambo
編舞者: Steve Rutter (UK)
音樂: Lambada - Kaoma



HIP SWAYS, BACK LOCK STEP, BACK MAMBO ROCK, FORWARD MAMBO ROCK

1-2 Step right-to-right side swaying hips right, sway hips left
3&4 Step back on right, lock left in front of right, step back on right
5&6 Rock back on left, recover weight forward onto right, close left beside right
7&8 Rock forward on right, recover weight back onto left, close right beside left

BACK ROCK, ½ TURN RIGHT, TOE TOUCH, HIP SWAYS, FORWARD LOCK STEP

9-10 Rock back on left, recover weight forward onto right
11&12 Make a quarter turn right stepping left to left side, make a quarter turn right closing right beside left, touch left toe beside right (6:00)
13-14 Step left-to-left side swaying hips left, sway hips right
15&16 Step forward on left, lock right behind left, step forward on left

FORWARD MAMBO ROCK, BACK MAMBO ROCK, FORWARD ROCK, SHUFFLE ¼ TURN RIGHT

17&18 Rock forward on right, recover weight back onto left, close right beside left
19&20 Rock back on left, recover weight forward onto right, close left beside right
21-22 Rock forward on right, recover weight back onto left
23&24 Make a three-quarter turn right stepping on right, left, right (3:00)

TOE STRUTS, CROSSING MAMBO ROCK

25-26 Touch left toe to left side, drop left heel to floor
27-28 Touch right toe across left, drop right heel to floor
29-30 Touch left toe to left side, drop left heel to floor

During counts 25-30 shimmy shoulders for Latin styling

31&32 Cross rock right over left, recover weight back onto left, step right-to-right side

TOE STRUTS, CROSS BEHIND, UNWIND ½ TURN LEFT, SIDE MAMBO ROCK WITH TOE TOUCH

33-34 Touch left toe over right, drop left heel to floor
35-36 Touch right toe to right side, drop right heel to floor

During counts 33-36 shimmy shoulders for Latin styling

37-38 Cross left behind right, unwind a half turn left (weight on left) (9:00)
39&40 Rock right-to-right side, recover weight onto left, touch right toe beside left

TOE STRUTS, CROSSING MAMBO ROCK

41-42 Touch right toe to right side, drop right heel to floor
43-44 Touch left toe across right, drop left heel to floor
45-46 Touch right toe to right side, drop right heel to floor

During counts 41-46 shimmy shoulders for Latin styling

47&48 Cross rock left over right, recover weight back onto right, step left-to-left side

Restart dance at this point when dancing wall four. You will then start wall 5 from back wall (6:00)

TOE STRUTS, CROSS, UNWIND ½ TURN LEFT, SIDE MAMBO ROCK

49-50 Touch right toe across left, drop right heel to floor
51-52 Touch left toe to left side, drop left heel to floor

During counts 49-52 shimmy shoulders for Latin styling

53-54 Cross right over left, unwind a half turn left (weight on left) (3:00)
55&56 Rock right-to-right side, recover weight onto left, touch right toe beside left

REPEAT

RESTART

To keep with the phrasing of the music a restart is needed when dancing wall four. Dance the first 48 counts then restart dance after doing your left crossing mambo rock, you will then start with your hip sways (Beginning of wall five) from the back wall (6:00)
