

The Lambeth Walk

拍數: 48 牆數: 2 級數: Beginner line/contra dance
編舞者: Barbara Lowe (UK) & Linda Mann (UK)
音樂: The Lambeth Walk - Stanley Holloway



RIGHT & LEFT HEEL STRUTS WITH FORWARD MAMBOS

- 1 Step right heel forward, drop toe taking weight
- 2 Step left heel forward, drop toe taking weight
- 3&4 Rock forward on right, rock left in place, step right beside left
- 5 Step left heel forward, drop toe taking weight
- 6 Step right heel forward, drop toe taking weight
- 7&8 Rock forward on left, rock right in place, step left beside right

¼ TURN TOE STRUT JAZZ BOX TURNING RIGHT, HEEL TWISTS RIGHT, LEFT HEEL FLICK

- 9& Cross right toe over left, drop heel taking weight
- 10& Step left toe back, drop heel taking weight
- 11& Step right toe ¼ right, drop heel taking weight
- 12& Step left toe forward, drop heel taking weight
- 13&14 Twist both heels right, twist both toes right
- 15&16& Twist both heels right, twist both toes right, flick left toe to left side (shout oy)

LEFT & RIGHT HEEL STRUTS WITH FORWARD MAMBO

- 17 Step left heel forward, drop toe taking weight
- 18 Step right heel forward drop toe taking weight
- 19&20 Rock forward on left foot, rock right into place, step left beside right
- 21 Step right heel forward, drop toe taking weight
- 22 Step left heel forward, drop toe taking weight
- 23&24 Rock forward on right foot, rock left in place, step right beside left

¼ TURN TOE STRUT JAZZ BOX TURNING LEFT, HEEL TWISTS LEFT, RIGHT TOE FLICK

- 25& Cross left toe over right, drop heel taking weight
- 26& Step right toe back, drop heel taking weight
- 27& Step left toe ¼ turn left, drop heel taking weight
- 28& Step right toe forward, drop toe taking weight
- 29&30 Twist both heels left, twist both toes left
- 31&32& Twist both heels left, twist both toes left, flick left toe out to left side (shout oy)

SHUFFLE FORWARD LEFT, SHUFFLE FORWARD RIGHT, ½ PIVOT TURN RIGHT, SHUFFLE FORWARD LEFT

- 33&34 Shuffle forward left, right, left
- 35&36 Shuffle forward right, left, right
- 37-38 Step forward on left foot pivot ½ turn right
- 39&40 Shuffle forward left, right, left

RIGHT CHARLESTON, RIGHT SIDE TOUCH, LEFT SIDE CLOSE

- 41 Step forward right
- 42 Kick left foot forward
- 43 Step back on left
- 44 Touch right beside left
- 45-46 Step right to right side, touch left next to right
- 47-48 Step left to left side, close right next to left

REPEAT

CONTRA NOTES

For more fun when dancing counts 41-48, link arms with the people opposite you and clap the person hands opposite you as you do the side touches. When you dance 2 walls you can clap the hands to the persons next to you, this will add to the good old Cockney theme
