

Mambo Crazy

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Martin Meitzner (DE)
音樂: Mambo Italiano (feat. Maria) - Lido Brothers



If the dance seems too slow, try counting the song's bpm at double speed. You should get about 170 bpm, which is the speed the dance is choreographed for.

HOP, HOLD, HOP, HOLD, HOP, HOP, HOP, HOLD

You should start standing with feet about shoulder width apart, the hops should be sexy hip bumps coming from your lower body, you may also lean back a little if you like

- 1-2 Jump slightly up & forward with both feet, hold
- 3-4 Jump slightly up & forward with both feet, hold
- 5-6 Jump slightly up & forward with both feet twice
- 7-8 Jump slightly up & forward with both feet, hold

SHUFFLE BACK, TURN, SHUFFLE FORWARD, ROCK STEP, ROCK STEP

- 1&2& Right shuffle back (right, left, right), turn ½ left on right foot

You should be facing 6:00 wall now

- 3&4 Left shuffle forward (left, right, left)
- 5-6 Step right forward, recover
- 7-8 Step right backward, recover

STEP, PIVOT, TRIPLE TURN, HOLD

- 1-2 Step right forward, hold
- 3-4 Turn ½ left (transfer weight to left foot), hold

You should be facing 12:00 wall now

- 5-6 Turn ¼ left as you step right to right side, turn ½ left on right foot as you step left to left side

Now facing 9:00 wall

- 7-8 Turn ¼ left on left foot as you step right forward, completing a full turn, hold

Now facing 12:00 wall

STEP, PIVOT, TRIPLE TURN, HOLD

- 1-2 Step left forward, hold
- 3-4 Turn ½ right (transfer weight to right foot), hold

You should be facing 6:00 wall now

- 5-6 Turn ¼ right as you step left to left side, turn ½ right on left foot as you step right to right side

Now facing 3:00 wall

- 7-8 Turn ¼ right on right foot as you step left forward, completing a full turn, hold & clap hands

Now facing 6:00 wall

SHUFFLE RIGHT, ROCK STEP, SHUFFLE LEFT, BEHIND, UNWIND

- 1&2 Shuffle right (right, left, right)
- 3-4 Step left behind right, step right in place
- 5&6 Shuffle left (left, right, left)
- 7-8 Step ball of right foot behind left foot (lock), unwind performing ½ turn right

You should be facing 12:00 wall

ROCK STEP, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

- 1-2 Rock left forward, recover
- 3&4 Left shuffle backward (left, right, left)
- 5-6 Rock right backward, recover
- 7&8 Right shuffle forward (right, left, right)

MAMBO STEP, HOLD, MAMBO STEP, HOLD

- 1-2 Step left to left side, step right in place
- 3-4 Step left in front of right, hold
- 5-6 Step right to right side, step left in place
- 7-8 Step right in front of left, hold

DIG, BALL CROSS, DIG, BALL CROSS, STEP, TURN, SHUFFLE STEP

- 1&2 Touch left heel forward, step next to right on ball of left foot, step right across in front of left (transfer weight to right)
- 3&4 Touch left heel forward, step next to right on ball of left foot, step right across in front of left (transfer weight to right)

The above movement should be slightly traveling left

- 5-6 Turn $\frac{1}{4}$ left as you step left forward, turn $\frac{1}{2}$ on ball of left foot as you step right forward
- 7&8 Shuffle left forward (left, right, left)

You should be facing 3:00 wall now; prepare to jump into start position, reset clock at 3:00

REPEAT
