

Mambo Girl

拍數: 48 牆數: 4 級數: Beginner
編舞者: Jackie Lincoln (USA)
音樂: I Got a Girl - Lou Bega



MAMBO STEPS CROSS

1-2 Cross right foot over left, recover weight on left
3-4- Step right foot beside left, hold
5-6 Cross left foot over right foot, recover weight on right
7-8 Step left foot beside right, hold

MAMBO STEPS FORWARD AND BACK

9-10 Step right foot forward, recover weight on left, (12:00)
11-12 Step right foot beside left, hold
13-14 Step left foot back, recover weight on right foot
15-16 Step left beside right, hold

STEP-LOCK-STEP FORWARD, HOLD, STEP-LOCK-STEP FORWARD, HOLD

17-18 Step right foot forward, cross left foot behind right
19-20 Step right foot forward, hold
21-22 Step left foot forward, cross right foot behind left
23-24 Step left foot forward, hold

STEP-LOCK-STEP BACK, HOLD, STEP-LOCK-STEP BACK, HOLD

25-26 Step right foot back, cross left foot over right
27-28 Step right foot back, hold
29-30 Step left foot back, cross right foot over left
31-32 Step left foot back, hold

STEP, TOGETHER, STEP, HOLD, STEP, TOGETHER, ¼ STEP, HOLD

33-34 Step right foot to right side, step left foot beside right
35-36 Step right foot to right side, hold
37-38 Step left foot to left side slightly, step right foot beside left
39-40 Step left foot ¼ turn to left, hold, (9:00)

MAMBO STEPS RIGHT AND LEFT

41-42 Step right foot to right side, recover weight on left
43-44 Step right foot beside left, hold
45-46 Step left foot to left side, recover weight on right
47-48 Step left foot beside right, hold

REPEAT
