Mambo Jambo



拍數: 32 牆數: 4 級數: Improver 編舞者: Jo Thompson Szymanski (USA) & Kathy Hunyadi (USA)

音樂: Bailamos - Enrique Iglesias



MAMBO BASIC FORWARD & BACK

1&2	Rock forward on left foot, recover weight back to right foot, step back on left foot
3&4	Rock back on right foot, recover weight forward to left foot, step forward on right foot
5&6	Rock forward on left foot, recover weight back to right foot, step back on left foot
7&8	Rock back on right foot, recover weight forward to left foot, step forward on right foot

CROSS, STEP, CROSS BALL CHANGE TRAVELING FORWARD 45 DEGREES

1-2 Cross left foot in front of right, step right foot forward at 45 degree angle 3&4 Cross left foot in front of right, step right foot to side, step left foot in place

Body will be angled 45 degrees to left

5-6 Cross right foot in front of left, step left foot forward at 45 degree angle 7&8 Cross right foot in front of left, step left foot to side, step right foot in place

Body will now be angled 45 degrees to right

CROSSING TRIPLES TRAVELING BACK

1&2	Cross left foot in front of right, step back on right foot, step left beside right (square off to wall)
3&4	Turning body 45 degrees left, cross right foot in front of left. Step back on left, step right
	beside left (squaring off to wall)
E00	T : 1 1 45 1

Turning body 45 degrees right, cross left in front of right, step back on right, step left beside 5&6 right (square off to wall)

Turning body 45 degrees left, cross right foot in front of left, step back on left, step right 7&8

beside left (square off to wall)

SYNCOPATED CROSS ROCK STEP; SKATE RIGHT, LEFT, RIGHT; SYNCOPATED CROSS ROCK STEP; 1/4 LEFT; STEP

1&2 Cross rock left over right, recover weight back to right foot, step left to side

3-5 Angling body 45 degrees with each toe step and turning toes out, swivel right foot, left foot,

right foot (as if you were skating!)

6&7 Cross rock left over right, recover weight back to right foot, turn 1/4 to left stepping forward on

left foot

8 Step right foot next to left

REPEAT