

Mambo Love

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Monica Lind Emmerud (NOR) & Amund Storsveen (NOR)
音樂: Tragedy - Marc Anthony



FULL MONTEREY TURN, STOMP TWICE, HOLD SWIVEL HEELS LEFT BACK

1-2 Touch right toe right, full Monterey turn over right shoulder
3-4 Touch left toe left, step left foot next to right
5-6 Stomp right foot forward, stomp left foot forward
7&8 Hold, swivel both heels left, bring heels back to center

STEP ½ PIVOT LEFT, FULL TURN LEFT STEPPING RIGHT LEFT, STOMP TWICE, HOLD RAISE HEELS BACK

9-10 Step right foot forward, pivot ½ turn over left shoulder
11-12 Step right foot forward pivot ½ turn over left shoulder, step left foot back pivot ½ turn over left shoulder

Counts 9-10 completes a full turn over left shoulder, to make it easier, just walk forward right, left

13-14 Stomp right foot diagonally forward, stomp left foot left
15&16 Hold and clap on both ties, raise both heels and shoulders, lower heels and shoulders

STEP TURN, CHASSE RIGHT, TURN STEP CROSS, SPIN

17 Step left foot back and turn ¼ over left shoulder on ball of left foot
18&19 Turn ¼ over left shoulder on ball of left foot and step right foot right, step left foot next to right, step right foot right
20-21 Turn ¼ over right shoulder on ball of right foot and step left foot left, cross right foot behind left
22-24 Unwind ½ turn over right shoulder and keep spinning with weight on right foot 2 full turns over right shoulder

LEFT FORWARD MAMBO, RIGHT BACK MAMBO, LEFT FORWARD MAMBO WITH FULL TURN RIGHT, RIGHT BACK MAMBO

25&26 Rock left foot forward, recover weight back onto right foot, step left foot to place beside right
27&28 Rock right foot back, recover weight onto left foot, step right foot to place beside left
29&30 Rock left foot forward, pivot ½ turn over right shoulder on ball of right foot, step left foot to place beside right while turning ½ turn over right shoulder

As an option on counts 29&30, every second line turn while the other lines just do a standard mambo. Try making eye contact with the person behind when you do the full turn

31&32 Rock right foot back, recover weight onto left foot, step right foot to place beside left

STEP LEFT FORWARD MAMBO WITH STEP BACK, STEP BACK TWICE, ½ PIVOT RIGHT, LEFT SIDE MAMBO

33-34& Step left foot forward, rock right foot forward, recover weight back onto left foot
35-36 Step right foot back, step left foot back
37-38 Step right foot back, pivot ½ turn over right shoulder
39&40 Rock left foot to left side, recover weight onto right foot, step left foot to place beside right

STEP RIGHT SLIDE HOLD CLAP TWICE, CHASSE LEFT TURNING ¼ RIGHT, ROCK BACK ON RIGHT RECOVER

41-43 Big step right foot right, slide left beside right over two beats
&44 Touch left toe next to right foot and clap, hold and clap
45&46 ¼ turn over right shoulder while stepping left, right, left to the left
47-48 Rock back on right foot, recover weight onto left foot

STEP TWICE, STEP SWEEP LEFT BEHIND RIGHT, SAILOR STEP, STEP PIVOT ½ LEFT

49-50 Step forward right, left

&51-52 Step forward right, make ½ over left shoulder sweeping left foot behind right

53&54 Step left foot behind right, step right foot next to left, step left foot diagonally forward left

55-56 Step forward right, pivot ½ turn over left shoulder

RIGHT FORWARD MAMBO, LEFT BACK MAMBO, JUMP, HOLD TWICE, CLAP TWICE

57&58 Rock right foot forward, recover weight back onto left foot, step right foot to place beside left

59&60 Rock left foot back, recover weight onto right foot, step left foot to place beside right

61-63 Jump out with left and right, hold for 2 counts raising arms up in the air

&64 Hold and clap hands, jump back feet together and clap hands

On the second time only, dance counts 1-48, then start from the top again

REPEAT
