

Mambo Maniacs

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Paul O'Connor (UK)
音樂: Mucho Mambo (Sway) - Shaft



RIGHT AND LEFT SIDE, TOGETHER, SIDE, TOGETHER, SIDE, (WITH CUBAN HIPS)

1-2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Step left to left side, step right next to left
7&8 Step left to left side, step right next to left, step left to left side

RIGHT AND LEFT ROCK STEPS WITH CHA-CHA-CHA

1-2 Rock forward on right foot, rock back on left
3&4 Step slightly back on right foot, step left next to right, step slightly back on right foot
5-6 Rock back on left foot, rock forward on right
7&8 Step slightly forward on left foot, step right next to left, step slightly forward on left foot

FORWARD AND SIDE TOUCHES, ½ TURN RIGHT, FORWARD AND SIDE TOUCHES, LEFT SAILOR STEP

1-2 Touch right toe forward, touch right toe to right side
3&4 Make ½ turn over right shoulder on right, left, right
5-6 Touch left toe forward, touch left toe to left side
7&8 Step left foot behind right, step right foot to right side, step left foot in place

STEP LOCK, STEP-LOCK-STEP, ROCK STEP, ¼ TURN CHA-CHA-CHA

1-2 Step forward on right foot, lock left foot behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Rock forward on left foot, rock back on right
7&8 Make ¼ turn to left, stepping left, right, left in place

RIGHT AND LEFT STEP SLIDES, WITH ROCKS

1-2 Step right foot to right side, slide left foot up to right(no weight)
3-4 Rock back on left foot, rock forward on right foot
5-6 Step left foot to left side, slide right foot up to left
7-8 Rock back on right foot, rock forward on left

BACK STEP-LOCK, STEP-LOCK-STEP, ROCK STEP, ROCK STEP, TOUCH & CLAP TWICE

1-2 Step back on right foot, lock left foot in front of right
3&4 Step back on right foot, lock left foot in front of right, step back on right foot
5-6 Rock back on left foot, rock forward on right
7-8 Touch left toe next to right and clap twice

STEP ½ TURN, LEFT SHUFFLE, TRIPLE ½ TURN, ROCK STEP

1-2 Step forward on left foot, pivot ½ turn over right shoulder
3&4 Step forward on left foot, slide right up to left, step forward on left
5&6 Make ½ turn over left shoulder, on right, left, right in place
7-8 Rock back on left foot, rock forward on right

FORWARD DIAGONAL STEPS WITH CLAPS

1-2 Step diagonally forward on left foot, step right foot next to left and clap once
3&4 Step diagonally forward on left foot, step right foot next to left and clap twice

5-6-7&8

Repeat last four counts

REPEAT
