

Mambo Rhythm

拍數: 48 牆數: 4 級數: Advanced
編舞者: Bob Izral (USA)
音樂: Don't Touch My Tempo - Arrow



"Caribbean Party" CD available from Putumayo World Music 1-888-PUTUMAYO
This dance won 3rd place in non-country choreography at the "Dance Round-up" in Mystic Lake, Minnesota, October 2000

For ease of teaching, instead of counting "1&2&" it may be better to count "1-2-3-4" (or "Hold-2-3-4")

HOLD, KICK, CROSS, TOUCH (2X); HOLD, KICK, CROSS, KICK, CROSS, TOE, HEEL, CROSS

1&2& Hold, kick left forward, cross left in front, touch right to side
3&4& Hold, kick right forward, cross right in front, touch left to side
5&6& Hold, kick left forward, cross left in front, kick right forward, cross right in front
7&8& Touch left toe at right instep, touch left heel at right instep, cross left in front

HOLD, KICK, CROSS, KICK, CROSS, TOE, HEEL, CROSS; HOLD, KICK, CROSS, TOUCH (2X)

1&2& Hold, kick right forward, cross right in front, kick left forward, cross left in front
3&4& Touch right toe at left instep, touch right heel at left instep, cross right in front
5&6& Hold, kick left forward, cross left in front, touch right to side
7&8& Hold, kick right forward, cross right in front, touch left to side

KICKS & CROSSING TRIPLES (2X); KICK, CROSS, RONDÉ, STOP, HOLD, UNWIND, STOP

1&2& Kick left forward, cross left in front, step right backward, step left backward and to the side
3&4& Kick right forward, cross right in front, step left backward, step right backward and to the side
These are like jazz boxes traveling backward
5&6 Kick left forward, cross left in front, slide (rondé) right toe to the left to left side of left foot
& Stop rondé with right toe crossed to the left side of the left foot and weight evenly distributed on both feet
7&8& Hold (7), unwind $\frac{3}{4}$ left (&8), stop unwind (&)

HOLD, STEP, CROSS, TOUCH (2X); HOLD, SYNCOPATED WEAVE

1&2& Hold, step left to the side and backward, cross right in front (traveling left), touch left toe to side & face left
3&4& Hold, step left behind right (5th pos.), cross right in front (traveling left), touch left toe to side & face left
5&6& Hold, cross left behind, step right to side, cross left in front
7&8& Step right to side, cross left behind, step right to side, cross left in front

HOLD, STEP, CROSS, TOUCH (2X); HOLD, SYNCOPATED WEAVE, TURN, STEP, HOLD

1&2& Hold, step right to the side and backward, cross left in front (traveling right), touch right toe to side & face right
3&4& Hold, step right behind left (5th pos.), cross left in front (traveling right), touch right toe to side & face right
5&6& Hold, cross right behind, step left to side, cross right in front
7&8& Step left to side, hitch right knee & pivot $\frac{1}{2}$ left on ball of left foot, step (or stomp) right to side, hold

HOLD, SHAKE YOUR TUSHI!; HOLD, STEP, TURN, STEP (2X)

1 Hold
&2&3&4 With weight on the balls of both feet, alternate pumping the left heel down while bringing the right heel up

On counts &2&3&4&: between those counts, pump the right heel down while bringing the left heel up. The

knees will alternate moving forward and back.

Option: Scoot slightly forward on the balls of both feet. This will shake your tush! Tighten the thigh muscles to get more shake!

& Stop shaking your tush and shift your weight to the right foot

5&6& Hold, step left forward (5th pos.), pivot $\frac{1}{2}$ right, step left forward (5th pos.)

7&8& Hold, step right forward (5th pos.), pivot $\frac{1}{2}$ left, step right forward (5th pos.)

REPEAT
