

Mambo Rock (P)

拍數: 48 牆數: 0 級數: Partner
編舞者: Michelle Chandonnet (CAN) & Marc Archambault (CAN)
音樂: Seven Nights to Rock - BR5-49



Position: Open double hand hold. Partners face each other
To add style and have fun, do all Rock Steps with the Mambo style.

ROCK STEP, STEP TOGETHER, HOLD, ROCK STEP, STEP TOGETHER, HOLD

1-2 **MAN:** Rock forward left, rock back right
 LADY: Rock back right, rock forward left
3-4 **MAN:** Step left beside right foot, hold
 LADY: Step right beside left foot, hold
5-6 **MAN:** Rock back right, rock forward left
 LADY: Rock forward left, rock back right
7-8 **MAN:** Step right beside left foot, hold
 LADY: Step left beside right foot, hold

STEP ¼ TURN, SLIDE, STEP FORWARD, BRUSH, JAZZ BOX, STOMP

1-2 **MAN:** Step left ¼ turn left, slide right beside left foot
 LADY: Step right ¼ turn right, slide left beside right foot
3-4 **MAN:** Step forward left, brush right
 LADY: Step forward right, brush left
5-6 **MAN:** Cross right over left foot, step back on left
 LADY: Cross left over right foot, step back on right
7-8 **MAN:** Step right beside left foot, stomp left (weight on left)
 LADY: Step left beside right foot, stomp right (weight on left)

SIDE ROCK STEP, STEP TOGETHER, HOLD, SIDE ROCK STEP, STEP TOGETHER, HOLD

1-2 Rock right to right side, rock back on left
3-4 Step right beside left foot, hold
5-6 Rock left to left side, rock back on right
7-8 Step left beside right foot, hold

STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HOLD

1-2 Step right lightly forward moving right hip left, hold
3-4 Step left lightly forward moving left hip right, hold
5 Step right lightly forward moving right hip left
6 Step left lightly forward moving left hip right
7 Step right lightly forward moving right hip left
8 Hold

ROCK STEP, STEP TOGETHER, HOLD, ROCK STEP, STEP TOGETHER, HOLD

1-2 Rock forward left, rock back right
3-4 Step left beside right foot, hold
5-6 Rock back on right, rock forward left
7-8 Step right beside left foot, hold

STEP, LOCK, STEP, BRUSH, STEP ¼ TURN, STEP, STEP, STEP

1-2 Step forward left, lock step right behind left foot
3-4 Step forward left, brush right forward

5-6 **MAN:** Step right $\frac{1}{4}$ turn right, step left beside right foot

LADY: Step right $\frac{1}{4}$ turn right, step left forward

7-8 **MAN:** Step right in place, brush left

LADY: Pivot $\frac{1}{2}$ turn right on both feet, step left beside right foot

REPEAT
