

Mambo Shuffle

拍數: 40 牆數: 4 級數: Intermediate
編舞者: J.W. Grimes
音樂: Thinkin' About You - Trisha Yearwood



The dance "Sex On The Beach" appears to be a badly remembered version of Mambo Shuffle, where the mambo steps in the first 16 counts are done once each instead of twice. So the mambo steps in "Sex On The Beach" only take 8 counts instead of 16.

MAMBO FORWARD & BACK TWICE

1& Step forward left & recover weight to right in place
2 Step together left
3& Step back right & recover weight to left in place
4 Step together right
5-8 Repeat counts 1-4

MAMBO LEFT & RIGHT TWICE

9&10 Side step left & step right in place, step together left
11& Side step right & step left in place
12 Step together right
13&14 Side step left & step right in place, step together left
15& Side step right & step left in place
16 Step together right

STEP/TURN CHA-CHA-CHA

17-18 Step forward left, ½ turn right
19&20 Shuffle forward left
21-22 Step forward right, ½ turn left
23&24 Shuffle forward right

DIAGONAL LEFT STEP-SLIDE-STEP-SLIDE-STEP-SLIDE-STEP:

25 Step diagonally forward left
& Step right instep to left heel
26 Step diagonally forward left
& Step right instep to left heel
27 Step diagonally forward left
& Step right instep to left heel
28 Step diagonally forward left

DIAGONAL RIGHT STEP-SLIDE-STEP-SLIDE-STEP-SLIDE-STEP:

29 Step diagonally forward right
& Step left instep to right heel
30 Step diagonally forward right
& Step left instep to right heel
31 Step diagonally forward right
& Step left instep to right heel
32 Step diagonally forward right

LEFT ACROSS RIGHT JAZZ BOXES:

33-34 Step left foot forward, step right across left
35-36 Step back left turning 1/8 right, step right next to left
37-40 Repeat 33-36

REPEAT
