

Mambo Swing

拍數: 32 牆數: 2 級數: Improver
編舞者: Glynn Rodgers (UK)
音樂: Mambo Mambo - Lou Bega



DIAGONAL MAMBO STEP, BACK ROCK, CLOSE, DIAGONAL MAMBO STEP, STEP BACK

1&2 Rock right foot to right diagonal corner, pushing hips forward, recover weight onto left, close right to left
3-5 Rock back left, recover weight onto right, close left to right
6&7 Rock right foot to right diagonal corner, pushing hips forward, recover weight onto left, close right to left
8 Step back left

STEP, LOCK, LOCK STEP, ¼ TURN, SLOW SIDE MAMBO

1-2 Step back right, lock left over right
3&4 Step back right, lock left over right, step back right
5-8 Turn ¼ left rocking left to left side, recover weight onto right, close left to right, hold

SIDE, CLOSE, CHASSE, BACK ROCK, SIDE, BACK ROCK

1-2 Step right to right side pushing hips right, close left to right
3&4 Step right to right side, close left to right, step right to right side
5-6 Rock back left, recover weight onto right
7-8 Step left diagonally forward, rock back right

RECOVER, SIDE, BACK ROCK, CHASSE ¼, FULL TURN

1-2 Recover weight onto left, step right diagonally forward
3-4 Rock back left, recover weight onto right
5&6 Step left to left side, close right to left, step left to left side turning ¼ left
7-8 Full turn forward stepping right-left (or two walks right & left)

REPEAT
