

Mamborino

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Val Reeves (UK)
音樂: Mum Second to None - Dave Sheriff



RIGHT STRUT, LEFT STRUT, ROCK FORWARD, ROCK BACK, STEP BACK HOLD

1-4 Right heel forward, drop toes, left heel forward, drop toes
5-8 Rock forward on right, rock back on left, right step back, hold

TOE STRUT, TOE STRUT, ROCK BACK, ROCK FORWARD, STEP FORWARD, HOLD

9-12 Left toe back, drop heel, right toe back, drop heel
13-16 Left rock back, right rock forward, left step forward, hold

ROCK AND CROSS, CLAP, ROCK AND CROSS, CLAP

17-20 Right rock to right side, take weight on left, right cross over left, clap
21-24 Left rock to left side, take weight on right, left cross over right, clap

TOE STRUT, CROSS STRUT, SHUFFLE TURN, HOLD

25-28 Right toe to right side, drop heel, left toe across right, drop heel
29-32 Turning $\frac{1}{4}$ turn right shuffle right and hold

STEP, HOLD, PIVOT, HOLD, SHUFFLE FORWARD

33-36 Left step forward, hold, pivot turn $\frac{1}{2}$ turn right, hold
37-40 Left shuffle forward, hold

MAMBO STEPS FORWARD AND BACK

41-44 Right rock forward, left rock back, right step back, hold
45-48 Left rock back, right rock forward, left step forward, hold

STEP FORWARD, HOLD, PIVOT, HOLD, SHUFFLE FORWARD

49-52 Right step forward, hold, pivot turn $\frac{1}{2}$ turn left, hold
53-56 Right shuffle forward, hold

ROCK FORWARD, ROCK BACK, TURN SHUFFLE, HOLD

57-60 Left rock forward, hold, right rock back, hold
61-64 Turning $\frac{1}{2}$ turn left shuffle, hold

REPEAT
