

Mardi-Gras Mambo

拍數: 48 牆數: 4 級數:
編舞者: Chris Hodgson (UK)
音樂: Mambo No. 5 (Radio Edit) - Lou Bega



Try to interpret the Mambo style by lots of Cuban Hips!

LOCK STEP FORWARD / MAMBO FORWARD / LOCK STEP BACK / MAMBO BACK

1&2 Step forward on right foot, lock left foot behind right, step forward on right
3&4 Step forward on left foot, rock back onto right, step left next to right
5&6 Step back on right foot, lock left across right, step back on right
7&8 Step back on left foot, rock forward onto right, step left next to right

SIDE-TOGETHER / CHASSE RIGHT ¼ TURN / STEP-½ TURN / SHUFFLE

1-2 Step right to right side, step left next to right
3&4 Step right to right side, step left next to right, step right to right side making ¼ turn right
5-6 Step forward on left foot, pivot ½ turn right
7&8 Shuffle forward on left-right-left

MAMBO FORWARD / MAMBO BACK / STEP SIDE-TOGETHER / SIDE-TOGETHER-CROSS

1&2 Step forward on right foot, rock weight onto left foot, step right next to left
3&4 Step back on left foot, rock weight onto right foot, step left next to right
5-6 Long step right to right side, step left next to right (optional shimmy)
7&8 Step right to right side, step left next to right, cross step right over in front of left

TOE STRUTS / SIDE-TOGETHER-CROSS TWICE

Click fingers on toe struts

1& Step left toe to left side, drop left heel down to floor
2& Cross step right toe over in front of left, drop right heel down to floor
3&4 Step left to left side, step right next to left, cross step left over in front of right
5& Step right toe to right side, drop right heel down to floor
6& Cross step left toe over in front of right, drop left heel down to floor
7&8 Step right to right side, step left next to right, cross step right over in front of left

ROCK AND CROSS TWICE / SHUFFLE / STEP ½ TURN

1&2 Step left to left side, rock weight onto right foot, cross step left over right
3&4 Step right to right side, rock weight onto left foot, cross step right over left
5&6 Shuffle forward on left-right-left
7-8 Step forward on right foot, pivot ½ turn left

MAMBO FORWARD / MAMBO BACK / SIDE-TOUCH / SIDE-TOGETHER-CROSS

1&2 Step forward on right foot, rock weight onto left foot, step right next to left
3&4 Step back on left foot, rock weight onto right foot, step left next to right
5-6 Long step right to right side, touch left toe next to right (optional shimmy)
7&8 Step left to left side, step right next to left, cross step left over in front of right

REPEAT