A Million To One

級數: Improver mambo



拍數: 32

牆數:4 編舞者: Nancy Morgan (USA)

音樂: One in a Million - Bosson

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, RIGHT FORWARD MAMBO WITH ½ TURN, LEFT FORWARD MAMBO 1&2 Step right to right side as you lift left slightly off floor, set left foot down, step right next to left

- 3&4 Step left to left side as you lift right slightly off floor, set right foot down, step left next to right Step forward on right as you lift left slightly off floor, set left foot down, turning 1/2 turn to right -5&6
- step right foot forward 7&8 Step forward on left as you lift right slightly off floor, set right foot down, step left next to right

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, RIGHT FORWARD MAMBO WITH ½ TURN, LEFT FORWARD MAMBO

- 1&2 Step right to right side as you lift left slightly off floor, set left foot down, step right next to left
- Step left to left side as you lift right slightly off floor, set right foot down, step left next to right 3&4
- 5&6 Step forward on right as you lift left slightly off floor, set left foot down, turning 1/2 turn to right step right foot forward
- 7&8 Step forward on left as you lift right slightly off floor, set right foot down, step left next to right

TWO SMALL SHUFFLES FORWARD, HEEL AND HEEL AND STEP, ¼ TURN

- 1&2 Shuffle forward (small steps) - right, left, right
- 3&4 Shuffle forward (small steps) - left, right, left
- 5&6 Put right heel forward, put right next to left, put left heel forward
- &7-8 Put left next to right, step forward on right, pivot ¼ turn to left (weight is on left)

2 SAILOR SHUFFLES, RIGHT FORWARD MAMBO, LEFT FORWARD MAMBO

- 1&2 Sailor shuffle - put right behind left, step left to left side, step right foot to right and slightly forward
- 3&4 Sailor shuffle - put left behind right, step right to right side, step left foot to left and slightly forward
- 5&6 Step forward on right as you lift left slightly off floor, set left foot down, step right next to left
- 7&8 Step forward on left as you lift right slightly off floor, set right foot down, step left next to right

REPEAT

TAG

When dancing to "I Got My Baby" by Faith Hill, the music slows up when you are starting the dance. Finish the dance, then do the following:

STOMP RIGHT, HOLD 3, STOMP LEFT, HOLD 3, STOMP RIGHT, HOLD 3, STEP LEFT ½ TURN, WALK, WALK

- 1-2-3-4 Stomp right foot forward then hold for 3 counts
- 5-6-7-8 Stomp left foot forward then hold for 3 counts
- 1-2-3-4 Stomp right foot forward then hold for 3 counts
- 5-6-7-8 Step left foot forward, pivot 1/2 turn to right, walk forward left, right

STOMP LEFT, HOLD 3, STOMP RIGHT, HOLD 3, STOMP LEFT, HOLD 3, STEP RIGHT ½ TURN, WALK, STOMP

- 1-2-3-4 Stomp left foot forward then hold for 3 counts
- 5-6-7-8 Stomp right foot forward then hold for 3 counts
- 1-2-3-4 Stomp left foot forward then hold for 3 counts

5-6-7-8 Step right foot forward, pivot ½ turn to left, walk forward left, stomp right next to left

BOUNCE ON HEELS 4 TIMES

1-2-3-4 Bounce on your heels 4 times or just be creative you have 4 counts **Go back to dance.**