

Not So Tricky Tricky

拍數: 64 牆數: 1 級數: Beginner mambo
編舞者: Gerina Aarhus (USA)
音樂: Tricky, Tricky - Lou Bega



Adapted from "Rhumba Across Texas" by numerous people who independently found that it was possible to dance Waltz Across Texas by Lois & John Nielson with rumba timing. Here it is with a mambo rhythm, and simplified turns.

MAMBO ROCK, RECOVER, STEP, HOLD, MAMBO ROCK, RECOVER, STEP, HOLD

Bend your knees as you do these rocks, giving them a mambo flavor

- 1-4 Rock left over right, recover on right in place, step left back in place, hold
5-8 Rock right over left, recover on left in place, step right back in place, hold

MAMBO STEP FORWARD, HOLD, MAMBO STEP FORWARD, HOLD

- 1-2 Step forward on left, step right next to left
3-4 Step left in place, hold
5-6 Step forward on right, step left next to right
7-8 Step right in place, hold

MAMBO STEP BACK, HOLD, MAMBO STEP BACK, HOLD

- 1-2 Step back on left, step right next to left
3-4 Step left in place, hold
5-6 Step back on right, step left next to right
7-8 Step right in place, hold

MAMBO WEAVE AND ROCK TO LEFT

- 1-4 Step left to left, step right behind left, step left to left, hold
5-8 Cross right over left, step left to left, step right behind left, hold
9-12 Rock left to left, rock right to right, rock left to left, hold

MAMBO WEAVE AND ROCK TO RIGHT

- 1-4 Step right to right, step left behind right, step right to right, hold
5-8 Cross left over right, step right to right, step left behind right, hold
9-12 Rock right to right, rock left to left, rock right to right, hold

4-WALL MAMBO STEPS

- 1-4 Step forward left (at 9:00. That's a ¼ turn left), step right together, step left in place, hold
5-8 Step back on right (turning to 6:00. That's a ¼ turn left), step left together, step right in place, hold
9-12 Step forward left (toward 3:00. That's a ¼ turn left), step right together, step left in place, hold
13-16 Step back on right (turning back to 12:00), step left together, step right in place, hold

REPEAT