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

Step left to left, step right behind left, step left to left, hold
Cross right over left, step left to left, step right behind left, hold
Rock left to left, rock right to right, rock left to left, hold

MAMBO WEAVE AND ROCK TO RIGHT

Step right to right, step left behind right, step right to right, hold
 Cross left over right, step right to right, step left behind right, hold
 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

Step back on right (turning back to 12:00), step left together, step right in place, hold

REPEAT

13-16