

One Scoop Or Two?

拍數: 64 牆數: 4 級數:
編舞者: Marg Jones (CAN)
音樂: Icecream - Lou Bega



Dance starts with hip bumps on first "whoop whoop"

HIP BUMPS & CROSS, HOLD (TWICE), MAMBO FORWARD & BACK, STEP LEFT, PIVOT ½ RIGHT, TRIPLE STEP TURNING ½ RIGHT

1-2 Bump hips to left twice
&3-4 Step right slightly back, cross left across front of right, hold & clap
5-6 Step right to side and bump hips to right twice
&7-8 Step left slightly back, cross right across front of left, hold & clap
9&10 Mambo forward, left, right, left
11&12 Mambo back, right, left, right
13-14 Step forward left, pivot ½ turn right
15&16 Triple step, left, right, left, turning ½ right

4 SIDE MAMBOS TRAVELING FORWARD, ½ TURN MONTEREY MAMBO, ¼ TURN MONTEREY MAMBO

17&18 Mambo to side right, left, right
19&20 Mambo to side left, right, left
21&22 Mambo to side right, left, right
23&24 Mambo to side left, right, left, traveling forward slightly each time
25-26 Monterey turning ½ turn right
27&28 Side mambo to left, left, right, left
29-30 Monterey turning ¼ turn right
31&32 Side mambo to left, left, right, left

WEAVE RIGHT, ROCK RIGHT, RECOVER, CROSS & CROSS. REPEAT TO LEFT

33-36 Step right to right, step left behind right, step right to right, step left across front of right
37-40 Rock right to right, step left in place, cross right across front of left, step left in place, cross right across front of left
41-48 Mirror last 8 counts (do same as 33-40, but going in opposite direction)

4 SIDE MAMBOS TRAVELING FORWARD, JUMP, CROSS, UNWIND, CLAP, MAMBO FORWARD, MAMBO BACK

49&50 Mambo to side right, left, right
51&52 Mambo to side left, right, left
53&54 Mambo to side right, left, right
55&56 Mambo to side left, right, left, traveling forward slightly each time
57-60 Jump feet apart, jump crossing right across front of left, unwind ½ turn to left, hold with clap
61&62 Mambo forward, left, right, left
63&64 Mambo back, right, left, right

REPEAT

TAG

When danced to "Icecream", on the 3rd repetition, do steps 1-24 ONLY, then repeat from the beginning.

OPTIONAL HAND MOVEMENTS

When doing the traveling forward mambos (steps 17-24 and 49-56) you can either put your hands up in the air and sway them side to side over your head right, left, right, left, or make fists and roll them around each

other in front, waist-high.
