

Ran Kan Kan

拍數: 0 牆數: 4 級數: Intermediate / Advanced mambo
編舞者: Forty Arroyo (USA)
音樂: Ran Kan Kan - Mambo Kings



Sequence: A, Tag, B(32), A, B, B(40), A, B, Tag, B(40) End

This is a salsa-line dance made up of mambo "shine" patterns. You can do this to any song with a salsa (mambo) rhythm. Just omit tags/restarts

Dedicated to all "Salseros" and to two very special "Salsa Loving" line dancers - Carol & Alan Desrosier

PART A = MAMBO SEQUENCE

MAMBO - FORWARD, BACK, RIGHT & LEFT (WITH CUBAN HIPS)

- 1-4 Step right forward pushing hips left, step left in place pushing hips to right, step right next to left, hold
- 5-8 Step left forward pushing hips to right, step right in place pushing hips to left, step left next to right, hold
- 9-12 Step right to side pushing hips to left, step left in place pushing hips to right, step right next to left, hold
- 13-16 Step left to side pushing hips to right, step right in place pushing hips to left, step right next to left, hold

SIDE STEPS RIGHT WITH HOLD, CROSS RIGHT OVER LEFT - 3X, HOLD

- 1-4 Step right to side, close left to right, step right to side, hold
 - 5-8 Close left to right, step right to side, close left to right, hold (weight on left)
 - 1-4 Cross right over left, step left to slightly to left, cross right over left, step left slightly to left
 - 5-8 Cross right over left, step left to slightly to left, cross right over left, hold (weight on right)
- To hit the breaks in the music the very first time (and only the first time) you do counts 25-32, replace with**
- 1-4 Cross right over left, step left to left, cross right over left, hold
 - 5-8 Step left to left, close right to left, hold for 2 counts -weight on right)

SIDE STEPS LEFT WITH HOLD, CROSS LEFT OVER RIGHT - 3X, HOLD

- 1-4 Step left to side, close right to left, step left to side, hold
 - 5-8 Close right next to left, step left to side, close right next to right, hold restart - happens here at 9:00
 - 9-12 Cross left over right, step right slightly to right, cross left over right, step right slightly to right
 - 13-16 Cross left over right, step right slightly to right, cross left over right, hold (weight on left)
- To hit the breaks in music the very first time (and only the first time) you do counts 41-48, replace with**
- 1-4 Cross left over right, step right to right, cross left over right
 - 5--8 Step right to right, close left to right, hold for 2 counts -weight on left)

Restart happens here at 12:00

CHASE TURNS ½ (2X), LEFT MAMBO FORWARD - REPEAT

- 1-2-3-4 Step forward on right, pivot ½ turn left, step left next to right, hold
- &5 Step left next to right, tap right heel slightly forward (option: low kick forward)
- 6-7-8 Step right in place, step slightly forward of left, hold
- 9-16 Repeat step 1-8 (end at 12:00)

PART B = THE "SHINE" SEQUENCE

HEEL, STEP, ¼ TURN STEP, TOUCH, STEP, TOUCH, ¼ TURN HEEL TAP, STEP

- 1-4 Tap right heel forward, step right in place, turning ¼ to right - step left to side, touch right next to left
- 5-6 Step right to side, touch left next to right

7-8 Pivoting on the ball of right - tap left heel forward turning ¼ to left, step left in place (now at 12:00)

STEP, HOLD, &, HEEL TAP, STEP, STEP, HOLD & TOUCH, CROSS

1-2&3-4 Step right forward, hold, step left in place, tap right in place, step right next to left
5-6 Step left to side, hold
&7-8 Step right next to left, touch left out to side toward 10:00, cross left over right (now at 12:00)

STEP, CROSS, STEP, TOUCH, STEP, CROSS, STEP, TOUCH

1-2 Traveling back diagonally to right and body toward 2:00 - step back on right, step left next to right
3-4 Step back on right, touch left next to right
5-6 Traveling forward diagonal. To left and body still at 2:00 - step left to side, step right next to left
7-8 Step left to side, touch right next to left (now at 2:00)

RIGHT MAMBO, PRESS, HOLD, ¼ TURN, STEP

1-4 (Squaring off to 12:00) rock right to side, recover on left, step right next to left, hold
5-8 Press ball of left to side, hold, turning ¼ left and pivoting on right - step left next to right, hold
1st restart happens here - at 9:00
9-16 Repeat step 1-8 (now at 6:00)
2nd restart happens here - at 12:00

FORWARD LOCK STEP, TOUCH, STEP, HEEL, STEP, TOUCH

1-4 Step right forward, lock left, step right forward, touch left toes behind right
5-8 Step slightly back on left, tap right heel forward, step right in place, touch left toe behind (still at 6:00)

¼ SIDE, TOGETHER, SIDE, BRUSH, JAZZ BOX (WITH HIP ROTATIONS), MAMBO WITH TOUCH

1-4 Step left to side turning ¼ to left, close right to left, step left to side, brush right forward
5-8 Jazz box with ¼ turn - (while turning ¼ left and rotating hips around to the left) - cross step right over left, step slightly back on left, step side right, step left slightly forward on left (now at 12:00)
1-4 Repeat jazz with the ¼ turn
5-8 Step right slightly to right side, recover weight on left, touch right next to left, hold (now at 6:00)

The first Section A starts on the lyrics (chorus) - "Ran Kan Kan". However, you can't resist moving to the music as soon as it starts, so don't waste it. Just do your meanest "free-style" mambo while you wait, or mambo in place as follows:

MAMBO (WHILE YOU WAIT) FOR 40 COUNTS (OPTIONAL) -

1-4 Step right to side pushing hips to left, step left in place pushing hips to right, step right next to left, hold
5-8 Step left to side pushing hips to right, step right in place pushing hips to left, step right next to left, hold
9-12 Step right forward, step left in place pushing hips to right, step right next to left, hold
13-16 Step left forward, step right in place pushing hips to left, step left next to right, hold
17-32 Repeat above
33-40 Repeat steps 1-8 and start the dance

TAG

After first rotation "A" (happens at 12:00)

BUMPS: ALTERNATING HIP BUMPS STARTING WITH LEFT

1-3 Bump hip left right left
4-6 Hold for 3 counts
7-8 Rotate hips around to the left - ending with weight on left (or feel the music and do what you feel)

TAG

Before you start part "B" for the fifth time (this will be at 6:00) you will hear a syncopated pulsating sound for 8 beats. You may choose to stand with feet slightly apart and wiggle hips or shimmy shoulders to the beat

ENDING (OPTIONAL BIG FINISH)

After the tag you will do counts 1-40 of Part B. Shimmy or wiggle for 7 counts and take a big step to right.

Drag left to right for 4 counts, then do 3 spiral turns to right

1-2& Step forward on left, spiral full turn to right, step right next to left

3-6 Repeat twice

Then drop at the waste with dangling arms (exhausted)
