

Hey Mambo

COPPER KNOB
BY STEPHEN BRETZ

拍數: 0 牆數: 1 級數: Improver
編舞者: Betty McNeill (UK)
音樂: Hey Mambo - Barry Manilow



Sequence: ABAB A(1st 16 counts only - end with a touch to allow you to start from beginning) ABAB (after completing 32 counts dance counts 1 to 4 once then step forward onto left foot

PART A

WALKS FORWARD THEN COASTER CROSS WITH ¼ TURN RIGHT-SIDE STEPS LEFT & RIGHT, CHASSE LEFT

- 1-2-3&4 Walk forward on right the left - step back on right foot -step left foot back next to right foot making a ¼ turn to you right step right foot over left foot
- 5-6-7&8 Step left to left side- step right next to left foot - take three quick steps to left side(left-right-left)

STEP AND RONDE MAKING ½ TURN LEFT-COASTER LEFT-POINTS AND COASTER CROSS-¼ RIGHT

- 9-10-11&12 Step right foot behind left foot and circle left foot from front to back of right foot- while making ½ turn left, step back onto left foot - step right foot next to left foot - step forward onto left foot
- 13-14-15&16 Point right foot in front- point right foot out to right side- step back with right foot-step left foot next to right foot-step right foot over left foot making ¼ turn right

SIDE STEPS AND CHASSE ¼ TURN LEFT -ROCK AND CHASSE RIGHT

- 17-18-19&20 Step left to left side-step right next to left foot- take three quick steps(left-right-left)making ¼ turn left
- 21-22-23&24 Rock back onto right foot then forward onto left foot-take three quick steps to right side(right-left-right)

ROCKS AND CHASSE WITH ¼ TURN LEFT - ROCKS AND ½ TURN RIGHT

- 25-26-27&28 Rock back onto left foot-replace onto right foot-take three quick steps to left (left-right-left)making ¼ turn left
- 29&30&31-32 Rock right foot forward across in front of left foot- replace back onto left foot-rock right foot out to right side- replace weight back onto left foot- touch right foot behind left foot and make ½ turn right(keeping weight on left foot)

PART B

Part B is danced with the lyrics " Hey Mambo"

DIAGONAL STEPS FORWARD-TRIPLE IN PLACE- ROCK AND CROSS SHUFFLE WITH ¼ TURN LEFT

- 1-2-3&4 Step right foot diagonally forward- step left foot diagonally forward- take three quick steps in place(right-left-right)
- 5-6-7&8 Rock onto left foot -replace weight onto right foot- take three quick steps crossing left over right(left-right-left) while making ¼ turn left

ROCKS AND CROSS SHUFFLE WITH ¼ TURN LEFT -DIAGONAL STEPS-TRIPLE IN PLACE

- 9-10-11&12 Rock onto right foot - replace weight back onto left foot at the same time make ¼ turn left-take three quick steps (right-left-right) crossing right over left
- 13-14-15&16 Step left foot diagonally forward- step right foot diagonally forward- take three quick steps in place left-right-left
- 17-32 Repeat counts 1-16