

Do The Mambo

拍數: 60 牆數: 4 級數:
編舞者: Adrian Churm (UK)
音樂: Do The Mambo - Dave Sheriff



BASIC MOVEMENT FORWARD AND BACKWARDS

- 1 Hold
- 2-3 Left foot forward, replace weight back onto right foot
- 4-5 Left foot steps back, lower heel of the left foot as the hips continue to move to the left on beat 1
- 6-7 Right foot steps back, replace weight forward onto left foot
- 8-9 Right foot steps forward, lower heel of the right foot as the hips continue to move to the right on beat 1

SECOND POSITION BREAKS AKA CUCARACHAS, SHOULDER TO SHOULDER

- 10-11 Left foot steps to the side on the inside edge of ball of the foot transferring only part weight to the left, without releasing the right heel from the floor, replace weight to the right foot
- 12-13 Left foot closes to right foot
- 14-17 Repeat second positions breaks on opposite feet
- 18-19 Left foot steps forward as you turn slightly to the right, replace weight back onto right foot
- 20-21 Left foot steps to the side as you turn back to the left
- 22-25 Repeat shoulder to shoulder on opposite feet turning to the left

BASIC MOVEMENT MAKING ¼ TURN TO THE LEFT

- 26-27 Left foot steps forward, replace weight back onto right foot and start to turn to the left
- 28-29 Left foot steps to the side and slightly back as you continue to turn to the left
- 30-31 Right foot steps back, replace weight forward onto the left foot as you continue to turn to the left
- 32-33 Right foot steps to the side and slightly forward as you complete your ¼ turn to the left

1-3 OF A BASIC, CHANGES OF PLACE 4-6 OF A BASIC TO THE SIDE

- 34-35 Left foot steps forward, replace weight back onto right foot
- 36-37 Left foot steps back
- 38-39 Right foot steps back, replace weight onto left foot as you start to turn to the left
- 40-41 Right foot steps to the side as you continue to turn to the left
- 42-43 Left foot steps back as you complete the half turn to the left, replace weight forward onto the right foot
- 44-45 Left foot steps to the side
- 46-49 Repeat change of place one more time
- 50-51 Right foot steps back, replace weight forward onto left foot
- 52-53 Right foot steps to the side and slightly forward

FIFTH POSITION BREAK AKA DOUBLE OPENING OUT

- 54-55 Left foot steps back as you make a ¼ turn to the left, replace weight forward onto right foot
- 56-57 Turn back ¼ turn to the right as your left foot steps to the side
- 58-59 Right foot steps back as you make a ¼ turn to the right replace weight forward onto the left foot
- 60 Turn back ¼ turn to the left as your right foot steps to the side

REPEAT