D.A.R.E. To Mambo



拍數: 48 牆數: 4 級數: Intermediate

編舞者: Forty Arroyo (USA)

音樂: Live, Laugh, Love - Clay Walker



Dedicated to all the folks who donate their time and effort, selflessly, to the Drug Abuse Resistance Education Program - Rockland County.

MAMBO STEPS TO RIGHT, LEFT, FORWARD RIGHT AND FORWARD LEFT

1&2	Step right, step in place with left, step right next to left
3&4	Step left, step in place with right, step left next to right

Step forward with right, step in place with left, step right next to left
Step forward with left, step in place with right, step left next to right

TOUCH BACK, PIVOT ½ TURN RIGHT, MAMBO STEP FORWARD, RIGHT AND LEFT

1-2	Touch right toes behind left heel, pivot on ball of left foot ½ to right
3&4	Step forward with left, step in place with right, step left next to right

Step right, step in place with left, step right next to left Step left, step in place with right, step left next to right

TOUCH BACK, PIVOT ½ TURN RIGHT, 3 STEP LEFT & RIGHT JAZZ BOX, CROSS LEFT OVER RIGHT

2X

1-2	Touch right toes behind left heel, pivot on ball of left foot ½ to right
3&4	Cross left over right, step back slightly on right, step left next to right
5&6	Cross right over left, step back slightly on left, step right next to left

7&8 Cross left over right, step right, cross left over right (this is not a crossing shuffle)

CROSS RIGHT OVER LEFT, HOLD, SHUFFLE TO LEFT, RIGHT COASTER STEP, ROCK STEP LEFT

1-2	Cross right over left, hold
3&4	Shuffle left, left, right, left

5&6 Step back on right, step left together, step forward on right

7-8 Rock left onto left, rock right onto right

SHUFFLE LEFT-RIGHT-LEFT, LEFT POINT RIGHT TOES, STEP IN PLACE ½ (REPEAT), HOLD

1&2	Leading with you	ir left hip & body f	acing 3:00, shuffle	left-right-left (traveling toward original	
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wall)

3-4 Pivot ½ to left on ball of left & point right toes to right (facing 9:00), twist to right on balls of

both feet pointing right toes to 2:00

5-8 Repeat steps 1 thru 3, hold

CHASSE' HOLD, CHASSE' 2X, TOUCH BACK, PIVOT ½ RIGHT, PADDLE ¼ RIGHT, STEP ¼ RIGHT

&1-2 Step right next to left, step left, hold

Step right next to left, step left, step right next to left, step left

Touch right toes slightly behind left heel, pivot on left foot ½ to right

7-8 Step on ball of left and turn ¼ right, step left next to right while turning ¼ right

REPEAT