

Debbie's Mambo

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Gina Spence (USA)
音樂: Mambo No.5 - Lou Bega



ELVIS KNEES

- 1-2 Bend right knee over left leg; lower right heel and bend left knee over right leg
- 3&4 Lower left heel and bend right knee over left leg; lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg
- 5-6 Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg
- 7& Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg
- 8& Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg

SIDE MAMBOS

- 9&10 Rock-step right foot to right side; rock-step left foot to left side; step right beside left
- 11&12 Rock-step left foot to left side; rock-step right foot to right side; step left beside right
- 13&14 Rock-step right foot to right side; rock-step left foot to left side; step right beside left
- 15&16 Rock-step left foot to left side; rock-step right foot to right side; step left beside right

SCISSORS

- 17-18 Step right foot to right side; step left beside right
- 19-20 Cross-step right over left; hold
- 21-22 Step left foot left side; step right beside left
- 23-24 Cross-step right over left; hold

½ VINE, CHA-CHA-CHA

- 25-26 Step right to right side; cross-step left behind right
- 27&28 Cha-cha in place stepping right, left, right
- 29-30 Step left to left side; cross-step right behind left
- 31&32 Cha-cha in place stepping left, right, left

SLOW PIVOT TURNS

- 33-34 Step right forward; pivot ½ turn left onto left foot
- 35-36 Step right forward; pivot ½ turn left onto left foot

FORWARD AND BACKWARD MAMBOS

- 37&38 Rock-step right foot forward; rock back onto left; step right beside left
- 39&40 Rock-step left foot forward; rock back onto right; step left beside right
- 41&42 Rock-step right foot back; rock forward onto left; step right beside left
- 43&44 Rock-step left foot back; rock forward onto right; step left beside right

SLOW PIVOT TURNS

- 45-46 Step right forward; pivot ½ turn left onto left foot
- 47-48 Step right forward; pivot ½ turn left onto left foot

REPEAT
