

Bally's Mambo

COPPER KNOB
STEPPERS

拍數: 32

牆數: 4

級數: Beginner - mambo line/contra
dance



編舞者: Rosie Multari (USA)

音樂: Bye Bye - David Civera : (Caribe 2003 - CD: Playa Total 8 - La Chiqui Big Band)

Music suggestions:

Drunk by Jeanette Akua (Single: 2:30 mins)

Simplemente by Chayanne [110 bpm / Simplemente]

Volcano by Jimmy Buffett [All The Great Hits / CD: Best Of Toe The Line /

Bidi Bidi Bom Bom by Selena (cd: Dreaming of You) 150 bpm

Here Is My Heart by Lionel Richie [96 bpm / Renaissance]

Mambo Italiano by Rosemary Clooney [150 bpm / 16 Biggest Hits / Available on iTunes

Mambo No. 5 by Lou Bega [96 bpm / A Little Bit Of Mambo / Available on iTunes]

Sex On The Beach by T-Spoon [100 bpm / CD Single]

Papa Loves Mambo by Perry Como (84 bpm/The Best of Perry Como cd/

Blame It On The Bosa Nova by Jane McDonald [164 bpm]

BASIC MAMBO PATTERN TWICE

1&2 Step left forward, step right in place, step left next to right

3&4 Step right back, step left in place, step right next to left

5&6 Step left forward, step right in place, step left next to right

7&8 Step right back, step left in place, step right in place

BASIC SIDE MAMBO PATTERN TWICE

1&2 Step left to side, step right in place, step left next to right

3&4 Step right to side, step left in place, step right next to left

5&6 Step left to side, step right in place, step left next to right

7&8 Step right to side, step left in place, step right next to left

QUICK STEP SLIDE, CROSS MAMBOS

1&2&3&4& Step left to side, step right next to left, step left to side, step right next to left, step left to side, step right next to left, step left to side, hold

5&6 Cross right over left, step left in place, step right next to left

7&8 Cross left over right, step right in place, step left next to right

QUICK STEP SLIDE, CROSS MAMBOS, ¼ TURN RIGHT

1&2&3&4& Step right to side, step left next to right, step right to side, step left next to right, step right to side, step left next to right, step right next to left, hold

5&6 Cross left over right, step right in place, step left next to right

7&8 Cross right over left, step left in place, step right ¼ turn right

REPEAT

Choreographer's note: For Absolute Beginner dancers you can omit the ¼ turn at the end, for a One Wall dance. For Improver dancers you can try it Contra! This dance was choreographed to the song Bye Bye by David Civera. The other song suggestions came from the many teaches & videos over the years.

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