

Promise Me Mambo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nancy Morgan (USA) - August 2008
音樂: Do You Know? (The Ping Pong Song) - Enrique Iglesias : (CD: Insomniac)



Start: 32 Counts from when he starts singing

Or Music:

Ti Amo by Gina G, CD: Fresh! BPM: 101, Start: 32 Counts or when she starts singing

Rhythm Divine by Enrique Iglesias, CD: Enrique, BPM: 102, Start: When he starts singing

Right Side Mambo, Left Side Mambo, 2 Shuffles Forward

1&2 Rock/Step Right out to Right side, return weight to Left, step Right next to Left
3&4 Rock/Step Left out to Left side, return weight to Right, step Left next to Right
5&6 Shuffle Forward – Right, Left, Right
7&8 Shuffle Forward – Left, Right, Left

Step, ½ Turn, ¼, ½, Cross, Side Mambo With Cross Step, Leg Lift, Step

1&2 Step forward on Right, pivot ½ turn to Left, step forward on Right
3&4 Step Left out to Left side ¼ turn to Right, step Right out to Right side ½ turn to Right, Cross
 Left over Right
5&6 Rock/Step Right out to Right side, return weight to Left, cross Right over Left
7 Bring Left Knee up so that Left foot is at Right knee level, you will also bend slightly at waist
 so that your butt sticks out slightly and back
8 Step Left in front and forward of Right

Lock Step Back, Coaster Step, Shuffle Forward, Touch, Step ¼ Turn To Right

1&2 Step back on Right, step Left across Right, step back on Right
3&4 Step back on Left, step back on Right, step forward on Left
5&6 Shuffle forward – Right, Left, Right
7,8 Touch Left toes out to Left side as you turn ¼ turn to Right, step forward on Left

Mambo Forward, Touch Back, Turn ¼ Left, Skate, Skate, Back Mambo, Touch

1&2 Rock/Step forward on Right, return weight to Left, step back on Right
3,4 Touch Left Toes back, pivot ¼ turn to Left (weight ends on Left)
5,6 Skate forward – Right, Left
7&8 Rock/Step back on Right, return weight to Left, touch Right next to Left

Start Again!

ONLY FOR THE SONG: "Ti Amo": There is 2 tags:

TAG is AFTER 3rd and 6th Wall

3 T ouches ½ Turn To Left, Step, 3 Touches ½ Turn To Right, Step
1-4 Touch Right toes 3 times turning ½ turn to your Left as you do this, step forward on Right
5-8 Touch Left toes 3 times turning ½ turn to your Right as you do this, step Left next to Right