

Friday Mambo

拍數: 48 牆數: 4 級數: Improver
編舞者: Sadiah Heggernes (NOR/UK) - September 2008
音樂: Mambo Con Dance Hall - Brooklyn Funk Essentials



Or Music:

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

Papa Loves Mambo by Perry Como [84 bpm / Papa Loves Mambo] Start dancing on lyrics

Mambo Rocks (Using Hips), ¼ Turn, Lock Step, Hold

1-2 Rock right forward, rock back onto left
3-4 Rock right back, rock right forward
5-6 ¼ turn right stepping right forward, lock left behind right
7-8 Step right forward, hold [3:00]

Mambo Rocks (Using Hips) ¼ Turn, Lock Step, Hold

1-2 Rock left forward, rock back onto right
3-4 Rock left back, rock right forward
5-6 ¼ turn left stepping left forward, lock right behind left
7-8 Step right forward, hold [12:00]

Extended Weave, Paddle ½ Turn

1-2 Step right to side, cross left behind right
3-4 Step right to side, cross left over right
5-6 Step right forward, ¼ turn left [9:00]
7-8 Step right forward ¼ turn left [6:00]

Extended Weave, Touch, ¼ Turn, Flick, Step, Hold

1-2 Step right to side, cross left behind right
3-4 Step right to side, cross left over right
5-6 Touch right to right side, ¼ turn left on ball of left, flicking right out
7-8 Step right forward, hold [3:00]

Mambo Step Twice, Hold

1-2 Rock left forward, rock back onto right
3-4 Step left back, hold
5-6 Rock right back, rock back onto left
7-8 Step right forward, hold [3:00]

Step, Pivot, Step, Side Mambo, Touch

1-2 Step left forward, ½ turn right
3-4 Step left forward, hold
5-6 Rock right to right side, rock back onto left
7-8 Touch right beside left, hold [9:00]

Repeat
