

Madiba Mambo

拍數: 32 牆數: 4 級數: Intermediate
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音樂: The Boy Does Nothing - Alesha Dixon



Start after a slow 32 count intro on the words 'Wash up'.

Section 1

Cross Mambo, Cross & Heel, Forward Mambo, Hip Bumps Back.

- 1 & 2 Cross rock on L over R. Recover on to R. Step L to L side.
- 3 & 4 Cross step R over L. Step L to L side. Dig R heel forward to R diagonal.
- & 5 & 6 Step R in place. Rock forward on L. Rock back on R. Step back on L.
- 7 & 8 Step back on R bumping the hips back, forward, back.

Section 2

Sailor Step 1/4 Turn L, Ball Step L, Tap In, Step R, Cross Mambo With 1/4 Turn L, Step Pivot 3/4 Turn L, Step R.

- 1 & 2 Cross step L behind R. Turn 1/4 L stepping R in place. Step L to L side.
- & 3 & 4 Step on ball of R next to L. Step L to L side. Tap R toe next to L. Step R to R side.
- 5 & 6 Cross Rock on L over R. Recover on to R. Turn 1/4 L stepping forward on L.
- 7 & 8 Step forward on R. Pivot 3/4 turn L. Step R out to R side.

Section 3

Weave R, R Back Lock Step, Step Forward, 1/2 Turn R, Diagonal Forward, Side, Back.

- 1 & 2 Cross step L behind R. Step R to R side. Cross step L over R.
- 3 & 4 Step back on R. Lock step L over R. Step back on R.
- 5 & 6 Step forward on L. Turn 1/2 R stepping forward on R.
- 7 & 8 Step L forward to L diagonal. Step R to R side. Step L back to centre.

Section 4

Side Touch R, Step Together, Step Diagonal back L, Side, Forward, Mambo 1/2 Turn R, Hitch & Clap, Turn 1/2 R, Hitch & Clap, Side Step R.

- 1 2 Touch R toe to R side. Step R in next to L.
- 3 & 4 Step back on L to L back diagonal. Step R to R side. Step L forward to centre.
- 5 & 6 Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R.
- & 7 Hitch L knee and clap. Turn 1/2 R stepping back on L.
- & 8 Hitch up R knee and clap. Step R to R side.

Note – Section 3 counts 7 & 8 to section 4 counts 3 & 4 complete the shape of an hour glass.
Start Again Enjoy!