

Ayo Mama

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mary Chan (MY) & SM Loh (MY) - July 2010
音樂: Ayo Mama - Andy Tielman



Intro: Start after 16 counts

Section 1

Side Mambo (Right & Left), Cross Recover Side (Right & Left)

1&2 Rock right to right, recover onto left, step right next to left
3&4 Rock left to left, recover onto right, step left next to right
5&6 Cross rock step right over left, step left back, step right next to left
7&8 Cross rock step left over right, step right back, step left next to right

Section 2

Charleston Steps

1-2 Swing touch right toe forward, swing right toe back
3-4 Swing touch left toe back, swing left toe forward
5-8 Repeat steps 1 - 4

Section 3

Shuffle Forward, Left Forward Mambo, Shuffle Backward, Left Back Mambo

1&2 Shuffle right forward
3&4 Rock Left forward, recover onto right, step left next to right
5&6 Shuffle right backward
7&8 Rock left back, recover onto right, step left next to right

Section 4

Vaudeville, Forward Toe Strut, Back Toe Strut, 1/4 Right Turn, Forward Toe Strut, Side Toe Strut

1&2& Cross right over left, step left diagonal back, dig right heel forward, step right in place
3&4& Cross left over right, step right diagonal back, dig left heel forward, step left in place
5&6& Right toe strut forward, left toe strut back
7&8& Right toe strut forward turning ¼ right, left toe strut next to right (3.00)

Repeat

Ending: At wall 7 (facing 6.00) Dance the first 16 counts follow by the below steps

1-2 Step right forward, pivot ½ turn left
3&4& Right toe strut, left toe strut
5 Right toe point back (poise) either open both arms up above head in 'V' Shape or at waistline down (optional)

Happy Dancing

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