

Mambo

拍數: 0 牆數: 0 級數: Phrased High Beginner
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音樂: Mambo - Helena Paparizou



PATTERN A

Part 1 (4 walk forward, point touch twice with the left)

1 2 3 4 left forward , right forward, left forward, right forward
5 6 left point to the left side, left touch beside the right
7 8 repeat 5 - 6

Part 2 (4 walk backward, point touch twice with the left)

1 2 3 4 left backward, right backward, left back, right back
5 6 left point to the left side, left touch beside the right
7 8 repeat 5 - 6

Repeat parts 1 and 2 for a second time.

Part 3 (rock prog. forward, rock to each side left & right)

1 & 2 left rock forward, right on place, left on place
3 & 4 right rock forward, left on place , right on place
5 & 6 left rock to left side, right on place, left beside right
7 & 8 right rock to right side, left on place, right beside left

Part 4 (4walk backward, point &point & point HOP)

1 2 3 4 left backward, right back, left back, right back
5 & 6 left touch to left side, left beside right, right touch to right side,
& 7 right beside left, left touch to the left side
8 left knee hitch

PATTERN B

Part 1 (voltas in corner, progressive zigzag)

1 & left forward, right to right side turning 1/8 to the left corner,
2 Left on place (facing the left corner)
3 & right forward, left to the left side turning 1/8 to the right,
4 right on place turning 1/8 to the right (facing the right corner)
5 6 left forward turning ¼ to the left , right forward turning ¼ right
7 8 left forward turning ¼ to left, right forward turning 1/8 to right

Part 2 (point 3x hop , walk 4 steps backward)

1 & 2 left point to left side, left beside right, right point to right side,
& 3 right beside left, left point to the left side
4 left knee hitch
5 6 7 8 left backward, right backward, left back, right back

PATTERN C

Part 1 (side – touch and walk forward)

1 2 left to left side, right touch to right corner
3 4 right to the right side, left touch to left corner
5 6 7 8 left walk forward , right forward, left forward, right forward

Part 2 (side – touch and walk backward)

1 2 left to left side, right touch to right corner
3 4 right to the right side, left touch to left corner

5 6 7 8 left walk backward, right back left back, right back.

PATERN FOR THE DANCE (GPS PART !)

A-B-CC-A-B-C-A(including the TAG below)-BB-CC

TAG in the PATERN A SKIP the point touch part (5 6 7 8) of the second part when of the repetition, continue part 3 and 4 as usual.

The dance ends with the last step of the partern C.

The demo video is available on youtube :

Link for the video : <http://www.youtube.com/watch?v=TQaa2cuwHfg>

Have fun with this one !

**Lyne Camerlain
From Canada**
