

# Mayhem

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Alan Haywood (UK) - September 2010  
音樂: Mayhem - Imelda May : (Album: Wild Target)



Please note: The whole dance is danced as single counts with the exception of '&7' in Section 5.  
48 count intro – start on vocals

## Section 1

**R forward rocking chair, vine ¼ R, hold**

- 1-2            Rock forward onto right, recover weight back onto left,
- 3-4            Rock back onto right, recover weight forward onto left
- 5-6            Step right to right side, cross step left behind right
- 7-8            Step right ¼ right, hold for one count (3 o'clock)

## Section 2

**L forward mambo, ½ L, hold, ½ L, hold, ½ L, hold**

- 1-2            Rock forward onto left, recover weight back onto right
- 3-4            Make a ½ turn left stepping left forward, hold for one count (9 o'clock)
- 5-6            Make ½ turn left stepping right back, hold for one count (3 o'clock)
- 7-8            Make a ½ turn left stepping left forward, hold for one count (9 o'clock)

**Alternative for 5-6 and 7-8: Step forward right, hold, step forward left, hold**

## Section 3

**R forward mambo, hitch L, L slow coaster, hold**

- 1-2            Rock forward onto right, recover weight back onto left
- 3-4            Step right slightly back, hitch left knee
- 5-6            Step back onto left, step back onto right
- 7-8            Step left forward, hold for one count

## Section 4

**Prissy walk R, hold, L, hold, R forward, ¼ L, R over, ¼ R**

- 1-2            Step right in front of left, hold for one count
- 3-4            Step left in front of right, hold for one count
- 5-6            Step forward onto right, pivot ¼ turn left (6 o'clock)
- 7-8            Cross step right over left, make a ¼ turn right stepping back onto left (9 o'clock)

## Section 5

**R sailor ¼ R, hold, point L to L side, hold, & and point R to R side, hold**

- 1-2            Making a ¼ turn right stepping right behind left, step left to left side (12 o'clock)
- 3-4            Step right forward, hold for one count
- 5-6            Point left to left side, hold for one count
- &7-8          Step left next to right, point right to right side, hold for one count

**XXXX RESTART HERE DURING WALL 5 XXXX**

## Section 6

**R sailor ¼ R, hold, L forward mambo ½ L, hold**

- 1-2            Making a ¼ turn right stepping right behind left, step left to left side (3 o'clock)
- 3-4            Step right forward, hold for one count
- 5-6            Rock forward onto left, recover weight back onto right
- 7-8            Make a ½ turn left stepping left forward, hold for one count

**Restart – During wall 5, (she starts singing slowly), you will facing 12 o'clock – dance up to the end of section**

5, then  
restart the dance – you will be facing 12 o'clock.

Tag – At the end of wall 6 – facing 9 o'clock – add 16 counts as follows:

R forward mambo, hold, L back mambo, hold, R side mambo, hold, L side mambo, hold

Wall 6 starts as the instrumental section – do the whole dance, then add the tag – still instrumental section – dance will restart with vocals.

**TAG AND RESTART ARE OBVIOUS AND EASY – I PROMISE!**

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