

Dime-A-Dance (Mambo)

拍數: 0 牆數: 1 級數: Phrased Improver
編舞者: Lyne Camerlain (CAN) - December 2010
音樂: Dime Como Se Baila (Dime a Dance) - David Civera



Intro: 32 counts, starts on lyrics

Pattern A (Verse)

Part 1 (mambo forward and back, side Cuban break)

1&2 Left rock forward, Right recover, Left back
3&4 Right rock back, Left recover, Right forward
5&6 Left rock to left side, Right recover, Left beside Right
7&8 Right rock to right side, Left recover, Right beside Left

Part 2 (point, point, sailor step, point, point, half turn sailor)

1-2 Left point forward, Left point to side
3&4 Left cross back of right, right to side, Left to side (sailor step)
5-6 Right point forward, Right point to side
7&8 Right cross back of right, half turn to right side Left to side, Right to side (half turn right sailor step)

Repeat part 1 and 2 on back wall to get you back on front wall

Pattern B (Bridge)

(cross shuffle to side, point to side, sailor step)

1& Left cross over right, Right to side
2& Left cross over right, Right to side
3& Left cross over right, Right to side
4 Right point to right side
5&6 Right cross behind Left, Left to side, Right to side (sailor step)
7&8 Left cross behind Right, Right to side, Left to side (sailor step)

Reverse starting from the right (1&2&3&4,5&6,7&8)

Pattern C (Chorus)

Part 1 (mambo forward and back, haft turn mambo and back)

1&2 Left rock forward, Right recover, Left back
3&4 Right rock back, Left recover, Right forward
5&6 Left forward, Right close to left half turn to left, Left back
7&8 Right rock back, Left recover, Right forward

Part 2 (front Cuban break, quarter left turn sailor step - twice)

1&2 Left forward, Right on place, Left besides right
3&4 Right cross behind Left, quarter turn to left Left to side, Right forward (sailor quarter turn to left)
5&6 Left forward, Right on place, Left besides right
7&8 Right cross behind Left, quarter turn to left Left to side, Right forward (sailor quarter turn to left)

Repeat part 1 and 2 a second time

Tag 1 (hip rolls) to do after the first chorus (C) only

1-2 Feet stay on the ground while rolling your hips from left to right

Tag 2 (2 sailor steps) to do after the Bridge (B) the 4th time only, you'll hear it in the music that the bridge ain't over yet... so add 2 more sailor steps

1&2 Left cross behind right, Right to side, Left to side
3&4 Right cross behind left, Left to side, Right to side

Directions for the dance (GPS)

A-A-B-C-TAG 1 (2 counts hip-round)

B-A-B-C

B-TAG 2 (add 2 more sailor steps L-R-L, R-L-R)

C-B-Final

FINAL

1-2,& Left point to side, hold, Left together

3-4,& Right point to side, hold, Right together hitch left knee up

5 Left point to left side.

Enjoy the mambo Dime-A-Dance
