Johnny's Mambo

級數: Improver

編舞者: Angels Guix (ES) - December 2010

音樂: Johnny's Mambo - Dancelife

[1-8] Mambo Switches (Travelling Forward), Rock Step Back, 3/4 Pivot Turn, Step Right

- 1& Touch RF forward, step in place (travelling slightly forward)
 2& Touch LF forward, step in place (travelling slightly forward)
- 2& Touch LF forward, step in place (travelling slightly forward)
 3& Touch RF forward, step in place (travelling slightly forward)
- 4& Touch LF forward, step in place (travening signit
- 5.6 Rock RF backward, recover forward over LF
- 5,0 ROCK RF Dackward, lecover lolward over LF
- 7& Step RF forward, ½ turn left and step LF in place
- 8 ¼ turn left over LF and step RF to the right

[9-16] Back Cross Mambo X2, Rocking Chair, Large Step Diagonally Forward, Step Together

- 1&2 Cross rock over ball of LF behind RF, recover over RF, step LF to left
- 3&4 Cross rock over ball of RF behind LF, recover over LF, step RF to right
- 5& Rock LF forward, recover over RF
- 6& Rock LF backward, recover over RF
- 7-8 1/8 turn right and large step LF diagonally side (10:00)

[17-24] Scissor X3, Step, ¼ Turn, Cross

- 1&2 Step RF forward (1:00), ¼ turn to left and step LF together, Step RF forward (10:00)
- 3&4 Step LF forward (10:00), ¼ turn to right and step RF together, Step LF forward (1:00)
- 5&6 Step RF forward (1:00), ¼ turn to left and step LF together, Step RF forward (10:00)
- 7&8 Step LF forward, 3/8 turn to right and step over RF (3:00), cross LF over RF

[25-32] ¼ Turning Vine Right, Cross, Back, Side, Mambo Back, Touch Forward, Hip Bump

- 1&2 Step RF to right, step LF behind RF, ¼ turn right and step RF forward
- 3&4 Cross LF over RF, step RF backward, step LF together
- 5&6 Rock RF back, recover over LF, step RF slightly forward
- 7&8 Tap ball of LF forward, bump left hip forward and step over LF

Start again

TAG: Once done 4th repetition there's a 16 counts bridge. Feel free to do any movements in place (Add shoulder movement!) Then start again with the 5th repetition.





拍數: 32

牆數:4