

Mambo Con Dancehall

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Rosie Kantsas (UK) - August 2010
音樂: Mambo Con Dance Hall - Brooklyn Funk Essentials : (Album: Mambo Con Dancehall)



Alternative music: Uhh La La La by Chi Hua Hua on Dansk Melodi Grand Prix

Dance starts after 64 counts on lyrics.

Section 1 – Step touches x 2, Side together, side touch

- 1 – 4 Step right foot to right side, touch left beside right, step left foot to left side, touch right beside left
5 – 8 Step right to right side, close left to right, step right to right side, touch left beside right

Section 2 - Step touches x 2, Side together, side scuff

- 1 – 4 Step left foot to left side, touch right beside left, step right foot to right side, touch left beside right
5 – 8 Step left to left side, close right to left, step left to left side, scuff right to left diagonal

Section 3 – Cross rocks x 2 (Suzie Qs)

- 1 – 4 Cross rock right over left, rock back on left, cross rock right over left, hold
5 – 8 Cross rock left over right, rock back on right, cross rock left over right, hold

Section 4 – Paddle turn x 4

- 1 – 8 With weight on left, push with ball of right foot ¼ turn x 4 to complete full turn left

Section 5 – Mambo basic

- 1 – 4 Step right foot forward, step left foot in place, step right foot beside left, hold
5 – 8 Step left foot back, step right foot in place, step left foot beside left, hold

Section 6 – Mambo Cucaracha

- 1 – 4 Step right foot to the side, step left foot in place, step right foot beside left, hold
5 – 8 Step left foot to the side, step right foot in place, step left foot beside right, hold

Section 7 – Mambo taps x 4, ¼ turn left

- 1 – 4 Tap right toe forward, step on right, tap left toe forward, step on left
5 – 8 Tap right toe forward, step on right starting ¼ turn left, tap left toe forward step on left completing turn

Section 8 – Rock recover ½ turn right, mambo full turn right

- 1 – 4 Rock forward on right, recover weight on left, execute ½ turn right stepping forward on right, hold
5 – 8 Step forward left, pivot ½ turn right, step back on left making ½ turn right, hold