

El Loco Mambo (A Crazy Mambo)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver Mambo motion
編舞者: Sebastiaan Holtland (NL) - December 2011
音樂: Mambo Loco - Orchestra Bagutti : (CD: Latino 2011)



Start dancing at (13 Sec).

[1-8] Hip Bumps R-L-R, Chasse, ½ L, Lift, Hip Bumps R-L-R, Chasse ¼ L.

- 1&2 Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf. (12:00)
- 3&4& Step Lf to the left, step Rf next to Lf, step Lf to the left weight onto Lf, Turn ¼ left (6) lift R knee up,
- 5&6 Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf.
- 7&8 Step Lf to the left, step Rf next to Lf, turn ¼ left (3) step Lf forward.

[9-16] Fwd Mambo, Back, ½ Triple L, Syncopated Cross Vine L, ½ Unwind L.

- 1&2 Mambo Rf forward, recover on Lf, step Rf back weight onto Rf.
- 3&4 Triple ½ left (9) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf. ****Restart****
- 5&6& Cross Rf over Lf, step Lf to the left, step Rf behind Lf, step Lf to the left weight onto Lf.
- 7-8 Cross Rf over Lf, unwind ½ left (3) taking weight onto Lf.

3rd Restart here WALL 6 after 12 counts (Note: Step Rf next to Lf weight onto Lf, Hold) (Facing 6 o'clock).

[17-24] Syncopated Heel Grind ¼ Turn R, Together, Syncopated Heel Grind ¼ Turn L, Together, Syncopated Heel Grind ¼ Turn R, Back, Cross & Cross.

- 1&2 Heel grind with Rf (toes from left to right) turn ¼ right (6), step Lf back weight onto Lf, step Rf next to Lf.
- 3&4 Heel grind with Lf (toes from Right to left) turn ¼ left (3), step Rf back weight onto Rf, step Lf next to Rf.
- 5&6 Heel grind with Rf (toes from left to right) turn ¼ right (6), step Lf back weight onto Lf, step Rf back.
- 7&8 Cross Lf over Rf, step Rf slightly to the right, cross Lf over Rf weight onto Lf. (6)

[25-32] ¼ Cross Samba (Right), Lock Step Fwd, Kick, Replace, Back Rock, Recover, Cross Mambo, Side.

- 1&2 Cross step Rf over Lf, turn 1/4 to right (9) step Lf to the left slightly forward, step Rf to the right slightly forward.
- 3&4 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf. ****Restarts****
- 5&6& Kick Rf forward, step Rf back in place, rock Lf back, recover on Rf.
- 7&8 Cross mambo Lf forward, recover on Rf, step Lf to the left weight onto Lf. (9:00)

Restarts Here WALL 3/5 after 28 count first (facing 3 o'clock), 2nd (facing 9 o'clock).

Start again and have fun!