

Mi Media Mitad

拍數: 96 牆數: 1 級數: Improver - mambo
編舞者: Nena Matela (USA) - March 2012
音樂: Mi Media Mitad - Rey Ruiz : (CD: Lo Esencial - iTunes)



Alt. Music: Rosalinda by Thalía [CD: Thalía: Greatest Hits / Available on iTunes]

Start dancing on lyrics

MAMBO FORWARD, MAMBO BACK

1-4 Rock left forward, recover to right, step left back, hold
5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

STEP-TURN-STEP-HOLD, MAMBO BACK

1-4 Step left forward, turn 1/2 left and step right together, step left back, hold
5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

ANGLED MAMBO BACK (RIGHT, LEFT)

1-4 Turn 1/8 left and rock left back, recover to right, turn 1/8 right and step left together, hold
5-8 Turn 1/8 right and rock right back, recover to left, turn 1/8 left and step right together, hold

9-16 Repeat 1-8

MAMBO FORWARD, MAMBO BACK

1-4 Rock left forward, recover to right, step left back, hold
5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

MAMBO CROSS OVER, MAMBO CROSS BEHIND

1-4 Cross left over right, step right to side, step left back, kick right forward
5-8 Cross right behind left, step left to side, step right forward, hold

9-16 Repeat 1-8

MAMBO LEFT, MAMBO RIGHT

1-4 Rock left to side, recover to right, step left together, hold
5-8 Rock right to side, recover to left, step right together, hold

9-16 Repeat 1-8

REPEAT
