

Kabu Kaboem

拍數: 32 牆數: 4 級數: Beginner - mambo
編舞者: Sebastiaan Holtland (NL) - July 2012
音樂: Kaboemielies - David Fourie : (CD: Die Eerste Dekade 2011 - iTunes)



Start dancing at (14 sec).

[1-8] Step, Big Step Side, Together, 2x Jumps Side, Jump Both Feet Apart, Fwd Mambo, ¼ L, Side, Lock Step Fwd.

1-2& Step Rf forward, step Lf big to the left, step Rf next to Rf.
3&4 Jump to R side both feet together, jump to R side both feet together, jump both feet apart take weight onto Lf.
5&6 Mambo Rf forward, recover on Lf, turn ¼ right (3) step Rf to the right weight onto Rf.
7&8 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf. (3:00)

[9-16] Diagonal Hip Bumps Fwd, Kick & Point, Heel Touch Fwd, Point, Sailor ¼ R.

1&2 Touch R toe diagonal forward bumping hips forward, hips back to centre, bumping hips forward.
3&4 Kick Rf forward, step Rf back in place, point Lf out to left.
5-6 Point Lf forward, point Lf out to left.
7&8 Step Lf behind Rf, turn ¼ right (6) step Rf to the right, step Lf forward.

[17-24] Syncopated Hip Bumps R-L-R, Syncopated Hip Bumps L-R-L, Side, Together, R Chasse ¼ R.

1&2 Step Rf to the right bump R hip to right, bump L hip to left, bump R hip to right.
3&4 Step Lf to the left bump L hip to left, bump R hip to right, bump L hip to left.
5-6 Step Rf to right, step Lf next to Rf.
7&8 Step Rf to the right, step Lf next to Rf, turn ¼ right (9) step Rf forward.

[25-32] Fwd Rock, Recover, Side Rock, Recover, ½ Triple L, ½ Pivot L, Runs Fwd R-L-R, Heel.

1&2& Rock Lf forward, recover on Rf, rock Lf to the left, recover on Rf.
3&4 Triple ½ left (3) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf.
5-6 Step Rf forward, turn ½ left (9) taking weight onto Lf.
7&8 Step Rf forward, step Lf forward, bring R heel forward weight onto Lf. (9:00)

Start again and have fun!

Contact: smoothdancer79@hotmail.com