

Stasera Mambo

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Ayu Permana (INA) - September 2012
音樂: Stasera Mambo (Manbo) - Bongiorno : (Album: Balla E Sorridi Vol. 2 - Speciale
Cumbie E Balli Di Gruppo)



The dance starts after 64 counts intro – NO TAG NO RESTART

SECTION 1. (2X) FORWARD, RECOVER, FORWARD, FLICK

1 – 2 – 3 – 4 Step R forward, recover on L, step R forward, flick on L

5 – 6 – 7 – 8 Step L forward, recover on R, step L forward, flick on R

SECTION 2. ROCK, RECOVER, ½ TURN, HOLD, FORWARD, HOLD, ½ TURN, HOLD

1 – 2 – 3 – 4 Step R forward, recover on L, ½ turn right step R forward (06.00), hold

5 – 6 – 7 – 8 Step L forward, hold, ½ turn left step back on R, hold (12.00)

SECTION 3. (LEFT & RIGHT) SIDE-BEHIND-CROSS-HOLD

1 – 2 – 3 – 4 Step L to left side, step R behind L, cross L over R, hold

5 – 6 – 7 – 8 Step R to right side, step L behind R, cross R over L, hold

SECTION 4. ROTATING TO THE LEFT MAKING FULL CIRCLE

1 – 2 – 3 – 4 ¼ turn left step L forward, step ball R behind L, ¼ turn left step L forward, step ball R behind
L

5 – 6 – 7 – 8 ¼ turn left step L forward, step ball R behind L, ¼ turn left step L forward, hold

SECTION 5. ROCK, RECOVER, ¼ TURN, FLICK, CROSS, SIDE, CROSS, HOLD

1 – 2 – 3 – 4 Step R forward, recover on L, ¼ turn right step R to right side (03.00), flick on L

5 – 6 – 7 – 8 Cross L over R, step back on R, cross L over R, hold

SECTION 6. (2X) MAMBO WITH ¼ TURN RIGHT

1 – 2 – 3 – 4 Step R forward, recover on L, ¼ turn right step R next to L (06.00), hold

5 – 6 – 7 – 8 Step L backward, recover on R, ¼ turn right step L next to R (09.00), hold

SECTION 7. MODIFIED SIDE MAMBO WITH ¼ TURN LEFT

1 – 2 – 3 – 4 Step R to right side, recover on L, step R next to L, touch L heel

5 – 6 – 7 – 8 ¼ turn left step L to left side (06.00), recover on R, step L next to L, touch R heel

SECTION 8. OUT-OUT, IN-IN, SWIVEL

1 – 2 – 3 – 4 Step R forward diagonally right, step L forward diagonally left, step R backward, step L next
to R

5 – 6 – 7 – 8 Swivel both heel outside and inside (2 times)

REPEAT

NOTE: The dance ended at the end of wall 7, facing the back wall. For a nice ending, if desired ..
could change count 60-64 by doing (2X) ¼ paddle turn left Enjoy and happy dancing