

Mame

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Carol Reid (UK) - December 2012
音樂: Mame - Bobby Darin : (Album: Pure Gold - iTunes)



Start dancing on lyrics "You..."
(Thanks to Gaye Teather for advice)

CHARLESTON STEPS

1&2 Touch Right toe forward. Sweep Right out from front to back.. Step back on Right
3&4 Touch Left toe back. Sweep Left out from back to front. Step forward on Left
5&6 Touch Right toe forward. Sweep Right out from front to back.. Step back on Right
7&8 Touch Left toe back. Sweep Left out from back to front. Step forward on Left.

FORWARD ROCK, SIDE ROCK, COASTER X 2

1 & 2 & Rock right forward, recover to left, rock right to right side, recover to left
3 & 4 Step right back, step left together, step right forward
5 & 6 & Rock left forward, recover to right, rock left to left side, recover to right
7 & 8 Step left back, step right together, step left forward

CHASSE TURNS

1&2 Step right to right side, step left together. Step right to right side
3&4 Turn ¼ left, and step left to left side, step right together, step left to left side (9.00)
5&6 Turn ¼ left and step right to right side, step left together. Step right to right side (6.00)
7&8 Turn ¼ left, and step left to left side, step right together, step left to left side (3.00)

MAMBO FORWARD, MAMBO BACK

1&2 Rock right forward, recover to left, step right back
3&4 Rock left back, recover to right, step left forward
5 – 6 Step right forward, turn ½ , weight to left,
7 – 8 Step right forward, turn ½, weight to left

REPEAT

TAG: at end of wall 2

1&2& Step right toe to side, drop right heel, cross left toe, drop left heel
3&4 Step right to side, close left together, cross right over left
5&6& Step left toe to side, drop left heel, cross right toe, drop right heel
7&8 Step left to side, close right together, cross left over right

Contact: carolreid3@btinternet.com