

One Scoop Or Two?

Count: 64

Wand: 4

Ebene:

Choreograf/in: Marg Jones (CAN)

Musik: Icecream - Lou Bega



Dance starts with hip bumps on first "whoop whoop"

HIP BUMPS & CROSS, HOLD (TWICE), MAMBO FORWARD & BACK, STEP LEFT, PIVOT ½ RIGHT, TRIPLE STEP TURNING ½ RIGHT

- 1-2 Bump hips to left twice
- &3-4 Step right slightly back, cross left across front of right, hold & clap
- 5-6 Step right to side and bump hips to right twice
- &7-8 Step left slightly back, cross right across front of left, hold & clap
- 9&10 Mambo forward, left, right, left
- 11&12 Mambo back, right, left, right
- 13-14 Step forward left, pivot ½ turn right
- 15&16 Triple step, left, right, left, turning ½ right

4 SIDE MAMBOS TRAVELING FORWARD, ½ TURN MONTEREY MAMBO, ¼ TURN MONTEREY MAMBO

- 17&18 Mambo to side right, left, right
- 19&20 Mambo to side left, right, left
- 21&22 Mambo to side right, left, right
- 23&24 Mambo to side left, right, left, traveling forward slightly each time
- 25-26 Monterey turning ½ turn right
- 27&28 Side mambo to left, left, right, left
- 29-30 Monterey turning ¼ turn right
- 31&32 Side mambo to left, left, right, left

WEAVE RIGHT, ROCK RIGHT, RECOVER, CROSS & CROSS. REPEAT TO LEFT

- 33-36 Step right to right, step left behind right, step right to right, step left across front of right
- 37-40 Rock right to right, step left in place, cross right across front of left, step left in place, cross right across front of left
- 41-48 Mirror last 8 counts (do same as 33-40, but going in opposite direction)

4 SIDE MAMBOS TRAVELING FORWARD, JUMP, CROSS, UNWIND, CLAP, MAMBO FORWARD, MAMBO BACK

- 49&50 Mambo to side right, left, right
- 51&52 Mambo to side left, right, left
- 53&54 Mambo to side right, left, right
- 55&56 Mambo to side left, right, left, traveling forward slightly each time
- 57-60 Jump feet apart, jump crossing right across front of left, unwind ½ turn to left, hold with clap
- 61&62 Mambo forward, left, right, left
- 63&64 Mambo back, right, left, right

REPEAT

TAG

When danced to "Icecream", on the 3rd repetition, do steps 1-24 ONLY, then repeat from the beginning.

OPTIONAL HAND MOVEMENTS

When doing the traveling forward mambos (steps 17-24 and 49-56) you can either put your hands up in the air and sway them side to side over your head right, left, right, left, or make fists and roll them around each

other in front, waist-high.
