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| Crazy Foot Mambo (瘋狂跳曼波) (zh) |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Beginner | . |
| **Choreographer:** | Paul McAdam (UK) - 2008年01月 | | | | |
| **Music:** | If You Wanna Be Happy - Dr. Victor & The Rasta Rebels | | | | |
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**前奏： Start On Vocals 唱歌起跳**

**第一段**

**Mambo Forward, Mambo Back, Step-Lock-Step, Step ½ Pivot Step Forward   前曼波, 後曼波, 踏-鎖-踏, 踏轉1/2, 前踏**

**1&2**

**Rock forward on right foot, rock back on left foot, step back on right foot   右足前下沉, 左足後下沉, 右足後踏**

**3&4**

**Rock back on left foot, rock forward on right foot, step forward on left foot   左足後下沉, 右足前下沉, 左足前踏**

**5&6**

**Step forward on right foot, lock left foot behind right, step forward on right  右足前踏, 左足於右足後鎖踏, 右足前踏**

**7&8**

**Step forward on left foot, pivot ½ turn right, step forward on left foot   左足前踏, 右轉180度, 左足前踏**

**第二段**

**Side-Rock-Crosses X2, Turn Hitches With Claps, Right Lock Step**

**側-下沉-交叉2次, 轉抬, 拍手, 右鎖步**

**1&2**

**Rock right foot out to right side, recover weight onto left, cross right foot over left  右足右下沉, 左足回復, 右足於左足前交叉踏**

**3&4**

**Rock left foot out to left side, recover weight onto right, cross left foot over right 左足左下沉, 右足回復, 左足於右足前交叉踏**

**5&**

**Make a ¼ turn left and step back on right foot, hitch left knee and clap hands   左轉90度右足後踏, 左膝蓋抬起&拍手**

**6&**

**Make a ½ turn left and step forward on left foot, hitch right knee and clap hands  左轉180度左足前踏, 右膝蓋抬起&拍手**

**7&8**

**Step forward on right foot, lock left foot behind right foot, step forward on right foot  右足前踏, 左足於右足後鎖踏, 右足前踏**

**第三段**

**Rhumba Box, Side-Cross-Side-Kick X2 倫巴方塊, 側-交叉-側-踢 2次**

**1&2**

**Step left foot to left side, step right foot together, step left foot forward   左足左踏, 右足併踏, 左足前踏**

**3&4**

**Step right foot to right side, step left foot together, step right foot back    右足右踏, 左足併踏, 右足後踏**

**5&6&**

**Step left foot to left side, cross right foot over left, step left foot to left side, kick right foot to right diagonal**

**左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於右斜角線踢**

**7&8&**

**Step right foot to right side, cross left foot over right, step right foot to right side, kick left foot to left diagonal**

**右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於左斜角線踢**

**第四段**

**Behind ¼ Turn, Step ½ Turn Step, Step-Lock-Step-Step-Lock-Step-Step**

**後, 轉1/4, 踏轉1/2, 踏-鎖-踏-踏-鎖-踏-踏**

**1&2**

**Cross left foot behind right, make a ¼ turn right and step forward on right foot, step forward on left foot**

**左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏**

**3&4**

**Step forward on right foot, pivot a ½ turn left, step forward on right foot   右足前踏, 左轉180度, 右足前踏**

**5&6**

**Step forward on left foot, lock right foot behind left, step forward on left foot   左足前踏, 右足於左足後鎖踏, 左足前踏**

**&7&**

**Step forward on right foot, lock left foot behind right, step forward on right foot  右足前踏, 左足於右足後鎖踏, 右足前踏**

**8**

**Step forward on left foot   左足前踏**