Crazy Foot Mambo (瘋狂跳曼波) (zh)

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

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