|  |  |
| --- | --- |
| Mega Mambo (極限曼波) (zh) |  |

.

|  |
| --- |
| . |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Improver | . |
| **编舞者:** | Glynn Holt (UK) & Steve Rutter (UK) - 2006年12月 |
| **音乐:** | Mega mambo - Athos & Mancini : (Latin Party Album) |
| . |

**前奏： 40 Count Intro  40拍後開始跳**

**第一段**

**Mambo Rocks, Mambo Rock With ¼ Turn Right, Kick-Ball-Cross.**

**曼波, 右轉1/4曼波, 踢交換交叉**

**1&2**

**Rock forward on right, recover weight back onto left, close right beside left.   右前曼波(右足前下沉, 左足後回復, 右足併踏)**

**3&4**

**Rock back on left, recover weight forward onto right, close left beside right.  左後曼波(左足後下沉, 右足前回復, 左足併踏)**

**5&6**

**Rock forward on right, recover weight back onto left, make a quarter turn right stepping right to right side.**

**右足前下沉, 左足後回復, 右轉90度右足右踏**

**7&8**

**Kick left forward, step left beside right, cross right over left.**

**左足前踢, 左足併踏, 右足於左足前交叉踏(Kick Ball Cross)**

**第二段**

**Rock & Cross, Step Back, Side Step, Cross, Rock & Cross, ½ Turn Left,Toe Touch.  下沉 & 交叉, 後踏, 側踏, 交叉, 下沉 & 交叉, 左轉1/2, 趾點**

**1&2**

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

**3&4**

**Step back on right, step left to left side, cross right over left.**

**右足後踏, 左足左踏, 右足於左足前交叉踏**

**5&6**

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

**7&8**

**Make quarter turn left stepping back on right, make quarter turn left stepping left to left side, touch right toe beside left.**

**左轉90度右足後踏, 左轉90度左足左踏, 右足趾併點**

**Restart**

**When Dancing Wall 3 Only Dance As Far As Here (Facing 3 O’Clock) then Restart. 第三面牆跳至第二段結束(面向3點鐘), 從頭跳起**

**第三段**

**Heel & Toe Switch, Left Shuffle Forward, Forward Rock, Shuffle ¾ Turn Right. 踵 & 趾互換, 左前交換, 前下沉, 右轉3/4交換**

**1&2**

**Touch right heel forward, close right beside left, touch left toe beside right.     右足踵前點, 右足併踏, 左足趾併點**

**3&4**

**Step forward on left, close right beside left, step forward on left.  左足前踏, 右足併踏, 左足前踏（左Shuffle）**

**5-6**

**Rock forward on right, recover weight onto left.**

**右足前下沉, 左足回復**

**7&8**

**Make a three-quarter turn right stepping on right, left right.**

**以轉交換方式右轉270度-右, 左, 右**

**第四段**

**Toe Touches & Side Step x2, Heel & Toe Swivels, Step Forward, Pivot ¾ Turn Left, Toe Touch**

**趾點 & 側踏二次, 踵 & 趾旋轉, 前踏, 左轉3/4, 趾點**

**1&2**

**Touch left toe beside right, touch left toe just slightly further away from right, step left to left side.**

**左足趾併點, 左足趾左點, 左足左踏**

**3&4**

**Touch right toe beside left, touch right toe just slightly further away from left, step right to right side.**

**右足趾併點, 右足趾右點, 右足右踏**

**5&6**

**Swivel both heels inwards, swivel both toes inwards, swivel both heels inwards 旋轉雙足踵往內移，旋轉雙足趾往內移，旋轉雙足踵往內移**

**7&8**

**Step forward on right, pivot a half turn left, make a further quarter turn left touching right to right side.**

**右足前踏，左轉180度左足踏，左轉90度右足側踏**