Mega Mambo (極限曼波) (zh)

拍数: 32 **墙数:** 4 **级数:** Improver

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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
