Madiba Mambo (熱力非洲) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: Kate Sala (UK) - 2008年10月

音乐: The Boy Does Nothing - Alesha Dixon

第一段 **Cross Mambo, Cross & Heel, Forward Mambo, Hip Bumps Back**
交叉曼波, 交叉&點, 前曼波, 推臀

1 & 2 Cross rock on L over R. Recover on to R. Step L to L side
左足於右足前交叉下沉, 右足回復, 左足左踏

3 & 4 Cross step R over L. Step L to L side. Dig R heel forward to R diagonal
右足於左足前交叉踏, 左足左踏, 右足踵右斜角線前點

& 5 & 6 Step R in place. Rock forward on L. Rock back on R. Step back on L
右足踏, 左足前下沉, 右足回復, 左足後踏

7 & 8 Step back on R bumping the hips back, forward, back
右足後踏後推臀, 前推臀, 後推臀

第二段 **Sailor Step 1/4 Turn L, Ball Step L, Tap In, Step R, Cross Mambo With 1/4 Turn L, Step Pivot 3/4 Turn L, Step R**
左轉1/4水手步, 左足踏, 併點, 右踏, 左轉1/4交叉曼波, 踏轉3/4, 右踏

1 & 2 Cross step L behind R. Turn 1/4 L stepping R in place. Step L to L side
左足於右足後交叉踏, 左轉90度右足踏, 左足左踏

& 3 & 4 Step on ball of R next to L. Step L to L side. Tap R toe next to L. Step R to R side 右足併踏, 左足左踏, 右足趾併點, 右足右踏

5 & 6 Cross Rock on L over R. Recover on to R. Turn 1/4 L stepping forward on L 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏

7 & 8 Step forward on R. Pivot 3/4 turn L. Step R out to R side
右足前踏, 左轉270度, 右足右踏

第三段 **Weave R, R Back Lock Step, Step Forward, 1/2 Turn R, Diagonal Forward, Side, Back 右藤步, 右後鎖步, 前踏, 右轉1/2, 斜角線前踏, 側, 後**

1 & 2 Cross step L behind R. Step R to R side. Cross step L over R
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

3 & 4 Step back on R. Lock step L over R. Step back on R
右足後踏, 左足於右足前鎖踏, 右足後踏

5 6 Step forward on L. Turn 1/2 R stepping forward on R
左足前踏, 右轉180度右足前踏

7 & 8 Step L forward to L diagonal. Step R to R side. Step L back to centre
左足左斜角線前踏, 右足右踏, 左足回中間後踏

第四段 **Side Touch R, Step Together, Step Diagonal back L, Side, Forward, Mambo 1/2 Turn R, Hitch & Clap, Turn 1/2 R, Hitch & Clap, Side Step R.**
右側點, 併踏, 左後斜角線踏, 側, 前, 右轉1/2曼波, 抬拍手, 右轉1/2, 抬拍手, 右側踏

1 2 Touch R toe to R side. Step R in next to L 右足右點, 右足併踏

3 & 4 Step back on L to L back diagonal. Step R to R side. Step L forward to centre 左足左後斜角線後踏, 右足右踏, 左足前踏

5 & 6 Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R
右足前下沉, 左足後下沉, 右轉180度右足前踏

& 7 Hitch L knee and clap. Turn 1/2 R stepping back on L
抬左膝拍手, 右轉180度左足後踏

& 8 Hitch up R knee and clap. Step R to R side
抬右膝拍手, 右足右踏

Note – Section 3 counts 7 & 8 to section 4 counts 3 & 4 complete the shape of an hour glass　第三段7&8到第四段3&4舞步像一個砂漏的樣子(Y字型)