

Speedy Mambo (極速曼波) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Improver
编舞者: Rep Ghazali (SCO) - 2008年05月
音乐: Speedy Gonzalez - Kumbia All Star : (CD: From KK To Kumbia All-Starz)



前奏 : Intro: 56 count intro (about 40 sec)

第一段 Right Back Mambo, Left Lock Step, Step-Reverse ½ Turn-Step, Left Coaster 右後曼波, 左鎖步, 踏-反轉1/2-踏, 左海岸

1&2 rock back Right, recover on Left, step forward Right
右足後下沉, 左足回復, 右足前踏

3&4 step forward Left, lock Right behind Left, step forward Left
左足前踏, 右足於左足後鎖踏, 左足前踏

5&6 step forward Right, ½ turn Right stepping back Left, step back Right
右足前踏, 右轉180度左足後踏, 右足後踏

7&8 step back Left, step Right beside Left, step forward Left
左足後踏, 右足併踏, 左足前踏

第二段 Right Heel-Toe-Side, Left Rock-Recover-¼ Turn, Step-Full Turn Left, Left Behind-Side-Cross 右踵-趾-側, 左下沉-回復-轉1/4, 踏-左轉圈, 左後-側-交叉

1&2 touch Right heel to Right side, touch Right toe beside Left, step Right to Right side 右足踵右點, 左足趾併點, 右足右踏

3&4 cross rock Left behind Right, recover on Right, ¼ turn Left stepping forward Left 左足於右足後交叉下沉, 右足回復, 左轉90度左足前踏

5&6 step forward Right, ½ pivot turn Left, ½ turn Left stepping back Right
右足前踏, 左轉180度, 左轉180度右足後踏

7&8 sweep and step Left behind Right, step Right to right side, cross Left over right 左足繞至右足後踏, 右足右踏, 左足於右足前交叉踏

RESTART & TAG: On Wall 2, 5 And 7 Dance Up To Count 16 Add 4 Count Tag Then Restart From A New Wall. 第二、五、七面牆跳至此加4拍後從頭起跳

1-2 ¼ turn Left stepping back Right, ¼ turn Left stepping forward Left
左轉90度右足後踏, 左轉90度左足前踏

3-4 rock forward Right, recover on Left 右足前下沉, 左足回復

第三段 RIGHT Side Rock-Recover-Cross, Left Touch-Step-Heel-Sweep, Right Behind-Side-Cross, Left Side Rock-Recover-Cross 右側下沉回復交叉, 左點踏踵繞, 右後側交叉, 左側下沉回復交叉

1&2 side Rock Right to Right side, recover on Left, cross Right over Left
右足右下沉, 左足回復, 右足於左足前交叉踏

8&3&4 touch Left behind Right, step back Left, touch Right heel forward, sweep Right from front to back
左足於右足後點, 左足後踏, 右足踵前點, 右足由前繞至後

5&6 step Right behind Left, step Left to Left side, cross Right over Left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

7&8 side Left to Left side, recover on Right, cross Left over Right
左足左踏, 右足回復, 左足於右足前交叉踏

第四段 ¼ TURN Left-½ Turn Left-Cross, Left Side-¼ Turn Right-Forward, Right Kick-Cross-Back, Back-Cross-Back-Back 左轉1/4-左轉1/2-交叉, 左側-右轉1/4-前, 右踢交叉後交叉後後

1&2 ¼ turn Left stepping back Right, ½ turn Left stepping Left to Left side, cross Right over Left
左轉90度右足後踏, 左轉180度左足左踏, 右足於左足前交叉踏

3&4 step Left to Left side, ¼ turn Right stepping forward Right, step forward Left 左足左踏, 右轉90度右足前踏, 左足前踏

5&6 kick Right forward, cross Right over Left, step back Left
右足前踢, 右足於左足前交叉踏, 左足後踏

8&7&8 step back Right, cross Left over Right, step back Right, step back Left 右足後踏, 左足於右足後交叉踏, 右足後踏, 左足後踏