Speedy Mambo EZ

拍数: 32

级数: Beginner

编舞者: Betty Lee (CAN) - October 2016

音乐: Speedy Gonzalez - Kumbia All Star

S 1. BACK MAMBO, FWD MAMBO, BACK LOCK BACK, COASTER STEP

- Rock step back R, Recover on L, Step fwd R slightly 1&2
- 3&4 Rock step fwd L, Recover on R, Step back L slightly
- 5&6 Step back R, Lock step L in front of R, Step back R
- Step back L, Step R together next to L, Step fwd L 7&8

S 2. CROSS-SIDE-HEEL, & CROSS SHUFFLE, SIDE ROCK CROSS X 2

- 1&2 Cross R over L, Step L to side, touch R heel fwd diagonally
- &3&4 Ball step R next to L, Cross L over R, Step R to side, Cross L over R
- 5&6 Rock step R to side, Recover on L, Cross R over L
- 7&8 Rock step L to side, Recover on R, Cross L over R (12:00)

S3. SIDE, BEHIND, ¼ R, STEP, PIVOT ½ R, ¼ R, BEHIND SIDE CROSS, SHUFFLE ¼ L

- 1&2 Step R to side, Step L behind R, ¼ R turn step fwd R (3:00)
- 3&4 Step fwd L, Pivot ¹/₂ turn R (wt. onto R), ¹/₄ R step L to side (12:00)
- 5&6 Step R behind L, Step L to side, Cross R over L
- 7&8 Step L to side, Step R next to L, 1/4 L step fwd L

S4. STEP, PIVOT 1/4 L, CROSS, SIDE MAMBO, TOUCH, STEP LOCK STEP X 2

- 1&2 Step fwd R, pivot ¼ L turn (wt. onto L), Cross R over L (6:00)
- 3&4 Rock step L to side, Recover on R, Step L next to R
- 5&6& Touch R next to L (5), Step R diagonally fwd (&), Lock step L behind R (6), Step fwd R (&) (7:30)
- 7&8 Step L fwd diagonally (7), Lock step R behind L (&) (4:30), Step L next to R, (squaring up to 6:00)

REPEAT

Tag & Restart: On W2, W5, W7, after 16 counts, add 4 count tag and restart new wall

- 1-2 1/4 R step fwd R, Step fwd L
- 3-4 1/4 R step R to R side, Step L next to R

This is an easier version of Rep Ghazali's Speedy Mambo which is one of my favourite dances by him.





墙数:2