

Mambo Italiano

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lesley Hawker (UK) & Natalie Hawker (UK)
音乐: Mambo Italiano - Shaft



RIGHT ROCKS FORWARD & BACK WITH ½ SHUFFLE TURN RIGHT

- 1-2 Rock forward onto right, rock back onto left
- 3-4 Rock back onto right, rock forward onto left
- 5-6 Rock forward onto right, rock back onto left
- 7&8 Shuffle step, ½ turn, stepping right, left, right

Optional arms: Lift both arms on rocks forward. On right rock back, wrap right arm behind waist and right arm in front of waist. On left rock back wrap left arm behind waist and right arm in front

LEFT ROCKS FORWARD & BACK WITH ½ SHUFFLE TURN LEFT

- 9-10 Rock forward onto left, rock back onto right
- 11-12 Rock back onto left, rock forward onto right
- 13-14 Rock forward onto left, rock back onto right
- 15&16 Shuffle step, ½ turn, stepping left, right, left

TOE POINTS RIGHT, LEFT, RIGHT, LEFT, STEP, HEEL DROPS X 3

- 17& Point right toe to right side and bring back to place
- 18& Point left toe to left side and bring back to place
- 19& Point right toe to right side and bring back to place
- 20& Point left toe to left side and bring back to place
- 21 Step right to right side
- 22-24 Lift right heel and drop it down three times

Optional arms: on first right toe point click both fingers down to the right. On first left toe point click both fingers down to the left. On second right toe point click both fingers up to the right. On second left toe point click both fingers up to the left. On heel drops arc both arms over head from left to right

THIGH SLAPS LEFT, RIGHT, LEFT, RIGHT. STEP, CROSS, STEP, CROSS (WITH BENT KNEES AND FEET APART)

- 25 Slap both thighs taking both hands to left
- 26 Slap both thighs taking both hands to the right
- 27 Slap both thighs taking both hands to the left
- 28 Slap both thighs taking both hands to the right
- 29 Step left to left side
- 30 Step cross right over left
- 31-32 Step left to left side, step cross right over left

At end of count 28, both arms should finish at shoulder height on right Michael Flatley style and hold at this position for counts 29-31

2 X TURNING KICK BALL CHANGES, TRAVELING KNEE POPS

- 33 ¼ turn to left, kicking left forward
- &34 Step left beside right, step right in place
- 35 ¼ turn to left, kicking left forward
- &36 Step left beside right, step right in place
- 37 Step back on left, pop right knee forward
- 38 Step back on right, pop left knee forward
- 39 Step back on left, pop right knee forward
- 40 Step back on right, pop left knee forward
- 41-48 Repeat steps 33-40

HIP BUMPS & CHUG RIGHT 1 ½ TURNS

- 49&50 Step diagonally forward on left and bump hips twice
- 51&52 Step diagonally forward on right and bump hips twice
- 53-56 With weight on right leg, stomp left foot beside right and start to turn to right. Continue to rotate as foot stomps 3 more times until completed 1 ¼ turns to right

STEP HITCH, KICK HITCH, BACK TOGETHER, HEEL RAISE

- 57-58 Step forward on right, hitch left knee
- 59-60 Kick left leg to left side and bring knee back to place and hitch
- 61-62 Step back on left, step right foot back beside left
- 63 Lift both heels off floor (and stick out butt)
- 64 Lower both heels to floor

REPEAT
