Madiba Mambo

拍数: 32

级数: Intermediate

编舞者: Kate Sala (UK) - October 2008

音乐: The Boy Does Nothing - Alesha Dixon

Start after a slow 32 count intro on the words 'Wash up'.

Section 1

Cross Mambo, Cross & Heel, Forward Mambo, Hip Bumps Back.		
1 & 2	Cross rock on L over R. Recover on to R. Step L to L side.	
3 & 4	Cross step R over L. Step L to L side. Dig R heel forward to R diagonal.	
& 5 & 6	Step R in place. Rock forward on L. Rock back on R. Step back on L.	
7 & 8	Step back on R bumping the hips back, forward, back.	

Section 2

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.		
1&2	Cross step L behind R. Turn 1/4 L stepping R in place. Step L to L side.	
& 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.	
5&6	Cross Rock on L over R. Recover on to R. Turn 1/4 L stepping forward on L.	
7 & 8	Step forward on R. Pivot 3/4 turn L. Step R out to R side.	
Section 3 Weave R, R Back Lock Step, Step Forward, 1/2 Turn R, Diagonal Forward, Side, Back.		
1 & 2	Cross step L behind R. Step R to R side. Cross step L over R.	
3 & 4	Step back on R. Lock step L over R. Step back on R.	
56	Step forward on L. Turn 1/2 R stepping forward on R.	
7 & 8	Step L forward to L diagonal. Step R to R side. Step L back to centre.	
Section 4 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. 1 2 Touch R toe to R side. Step R in next to L.		
	1	

- 3&4 Step back on L to L back diagonal. Step R to R side. Step L forward to centre.
- 5&6 Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R.
- & 7 Hitch L knee and clap. Turn 1/2 R stepping back on L.
- Hitch up R knee and clap. Step R to R side. 8 &

Note - Section 3 counts 7 & 8 to section 4 counts 3 & 4 complete the shape of an hour glass. Start Again Enjoy!





墙数:4