

Easy Mambo

COPPER KNOB
STEPPERS

拍數: 16 牆數: 2 級數: Ultra Beginner
編舞者: John Koning (CAN) - January 2018
音樂: Welcome to Burlesque - Cher : (Slow)



Alt. music :-

One More Round by Bette Midler - Medium (89 bpm)

Hold 'em Joe by Harry Belafonte - Quick (99 bpm)

This dance introduces syncopation with the mambo step, and step, touches.

MAMBO FORWARD, MAMBO BACK, MAMBO RIGHT, MAMBO LEFT

1&2	Rock forward on right, step back on left, shift weight to right
3&4	Rock back on left, return to right, shift weight to left
5&6	Rock right on right, step back on left, shift weight to right
7&8	Rock left on left, step back on right, shift weight to left

STEP TOUCH, TURN, TOUCH, STEP TOUCH, TURN, TOUCH,

1-2	Step forward on right, touch, left toe
3-4	Step back on left turning $\frac{1}{4}$ left, touch right toe
5-6	Step forward on right, touch, left toe
7-8	Step back on left turning $\frac{1}{4}$ left, touch right toe

START AGAIN

This Easy Series of dances is designed to introduce new line dancers to the most basis steps and to build muscle memory. Repetition is the best way to develop and build your inventory of line dance steps. This dance introduces the Mambo and the step touch, turn touch.

Most importantly, smile and have fun!

Questions and comments? jck@johnkoning.com