

Mega Mambo

拍數: 32 牆數: 4 級數: Improver
編舞者: Glynn Holt (UK) & Steve Rutter (UK)
音樂: Mega Mambo - Ahos y Mancini



MAMBO ROCKS, MAMBO ROCK WITH ¼ TURN RIGHT, KICK-BALL-CROSS

1&2 Rock forward on right, recover weight back onto left, close right beside left
3&4 Rock back on left, recover weight forward onto right, close left beside right
5&6 Rock forward on right, recover weight back on left, make ¼ turn right stepping right to right side
7&8 Kick left forward, step left beside right, cross right over left

ROCK & CROSS, STEP BACK, SIDE STEP, CROSS, ROCK & CROSS, ½ TURN LEFT, TOE TOUCH

1&2 Rock left to left side, recover weight onto right, cross left over right
3&4 Step back on right, step left to left side, cross right over left
5&6 Rock left to left side, recover weight onto right, cross left over right
7&8 Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side, touch right toe beside left

When dancing wall 3 only dance as far as here (facing 3:00) then restart

HEEL & TOE SWITCH, LEFT SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE ¾ TURN RIGHT

1&2 Touch right heel forward, close right beside left, touch left toe beside right
3&4 Step forward on left, close right beside left, step forward on left
5-6 Rock forward on right, recover weight onto left
7&8 Make a ¾ turn right stepping on right, left right

TOE TOUCHES & SIDE STEP TWICE, HEEL & TOE SWIVELS, STEP FORWARD, PIVOT ¾ TURN LEFT, TOE TOUCH

1&2 Touch left toe beside right, touch left toe just slightly further away from right, step left to left side
3&4 Touch right toe beside left, touch right toe just slightly further away from left, step right to right side
5&6 Swivel both heels inwards, swivel both toes inwards, swivel both heels inwards
7&8 Step forward on right, pivot a half turn left, make a further ¼ turn left touching right to right side

REPEAT

RESTART

When dancing wall 3 only dance up to count 16 then restart wall 4 from beginning (facing 3:00)