# Hey Mambo



拍數: 0 牆數: 1 級數: Improver

編舞者: Betty McNeill (UK)

音樂: Hey Mambo - Barry Manilow



Sequence: ABAB A(lst 16 counts only - end with a touch to allow you to start from beginning) ABAB (after completing 32 counts dance counts 1 to 4 once then step forward onto left foot

#### PART A

# WALKS FORWARD THEN COASTER CROSS WITH 1/4 TURN RIGHT-SIDE STEPS LEFT & RIGHT, CHASSE LEFT

1-2-3&4	Walk forward on right the le	eft - step back on right foot	t -step left foot back next to right foot
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making a 1/4 turn to you right step right foot over left foot

5-6-7&8 Step left to left side- step right next to left foot - take three quick steps to left side(left-right-

left)

#### STEP AND RONDE MAKING 1/2 TURN LEFT-COASTER LEFT-POINTS AND COASTER CROSS-1/4 RIGHT

9-10-11&12	Step right foot behind left foot and circle left foot from front to back of right foot- while making
	½ turn left, step back onto left foot - step right foot next to left foot - step forward onto left foot

13-14-15&16 Point right foot in front- point right foot out to right side- step back with right foot-step left foot next to right foot-step right foot over left foot making ¼ turn right

#### SIDE STEPS AND CHASSE 1/4 TURN LEFT -ROCK AND CHASSE RIGHT

17-18-19&20	Step left to left side-step right next to left foot- take three quick steps(left-right-left)making 1/4
	turn left

21-22-23&24 Rock back onto right foot then forward onto left foot-take three quick steps to right side(right-left-right)

# ROCKS AND CHASSE WITH 1/4 TURN LEFT - ROCKS AND 1/2 TURN RIGHT

25-26-27&28	Rock back onto left foot-replace onto right foot-take three quick steps to left (left-right-
	left)making ¼ turn left

29&30&31-32 Rock right foot forward across in front of left foot- replace back onto left foot-rock right foot out to right side- replace weight back onto left foot- touch right foot behind left foot and make ½ turn right(keeping weight on left foot)

## **PART B**

## Part B is danced with the lyrics "Hey Mambo"

## DIAGONAL STEPS FORWARD-TRIPLE IN PLACE- ROCK AND CROSS SHUFFLE WITH 1/4 TURN LEFT

1-2-3&4	Step right foot diagonally forward- step left foot diagonally forward- take three quick steps in
	place(right-left-right)

5-6-7&8 Rock onto left foot -replace weight onto right foot- take three quick steps crossing left over right(left-right-left) while making ¼ turn left

#### ROCKS AND CROSS SHUFFLE WITH 1/4 TURN LEFT -DIAGONAL STEPS-TRIPLE IN PLACE

9-10-11&12	Rock onto right foot - replace weight back onto left foot at the same time make 1/4 turn left-
	take three quick steps (right-left-right) crossing right over left

13-14-15&16	Step left foot diagonally forward- step right foot diagonally forward- take three quick steps in
	place left-right-left

17-32 Repeat counts 1-16