Promise Me Mambo



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Nancy Morgan (USA) - August 2008

音樂: Do You Know? (The Ping Pong Song) - Enrique Iglesias: (CD: Insomniac)



Start: 32 Counts from when he starts singing

Or Music:

Ti Amo by Gina G, CD: Fresh! BPM: 101, Start: 32 Counts or when she starts singing Rhythm Divine by Enrique Iglesias, CD: Enrique, BPM: 102, Start: When he starts singing

Right Side Mambo, Left Side Mambo, 2 Shuffles Forward

1&2	Rock/Step Right out to Right side, return weight to Left, step Right next to Left
3&4	Rock/Step Left out to Left side, return weight to Right, step Left next to Right
5&6	Shuffle Forward – Right, Left, Right
7&8	Shuffle Forward – Left, Right, Left

Step, ½ Turn, ¼, ½, Cross, Side Mambo With Cross Step, Leg Lift, Step

010p, 72 1 ann, 74, 72, 01000, 0100 Maribo Mili 01000 010p, E0g Ent, 010p		
1&2	Step forward on Right, pivot ½ turn to Left, step forward on Right	
3&4	Step Left out to Left side ¼ turn to Right, step Right out to Right side ½ turn to Right, Cross Left over Right	
5&6	Rock/Step Right out to Right side, return weight to Left, cross Right over Left	
7	Bring Left Knee up so that Left foot is at Right knee level, you will also bend slightly at waist so that your butt sticks out slightly and back	
8	Step Left in front and forward of Right	

Lock Step Back, Coaster Step, Shuffle Forward, Touch, Step 1/4 Turn To Right

1&2	Step back on Right, step Left across Right, step back on Right
3&4	Step back on Left, step back on Right, step forward on Left
5&6	Shuffle forward – Right, Left, Right
70	Touch Left took out to Left side as you turn 1/ turn to Dight, stop forward on Left

7,8 Touch Left toes out to Left side as you turn ½ turn to Right, step forward on Left

Mambo Forward, Touch Back, Turn 1/4 Left, Skate, Skate, Back Mambo, Touch

1&2	Rock/Step forward on Right, return weight to Left, step back on Right
3,4	Touch Left Toes back, pivot ¼ turn to Left (weight ends on Left)
5,6	Skate forward – Right, Left
7&8	Rock/Step back on Right, return weight to Left, touch Right next to Left

Start Again!

ONLY FOR THE SONG: "Ti Amo": There is 2 tags:

TAG is AFTER 3rd and 6th Wall

3 T	ouches ½ Turn To Left, Step, 3 Touches ½ Turn To Right, Step
1-4	Touch Right toes 3 times turning ½ turn to your Left as you do this, step forward on Right
5-8	Touch Left toes 3 times turning ½ turn to your Right as you do this, step Left next to Right