



Crazy Foot Mambo

32 count, 2 wall, improver level

Choreographer: Paul McAdam (UK), January 2008

Choreographed to: "If You Wanna Be Happy" by Dr Victor & The Rasta Rebels

Start on vocals approximately 22 seconds into track

Section 1 Mambo Forward, Mambo Back, Step-Lock-Step, Step 1/2 Pivot Step Forward

- 1&2 Rock forward on right foot, rock back on left foot, step back on right foot
- 3&4 Rock back on left foot, rock forward on right foot, step forward on left foot
- 5&6 Step forward on right foot, lock left foot behind right, step forward on right
- 7&8 Step forward on left foot, pivot 1/2 turn right, step forward on left foot

Section 2 Side-Rock-Crosses x2, Turn Hitches With Claps, Right Lock Step

- 1&2 Rock right foot out to right side, recover weight onto left, cross right foot over left
- 3&4 Rock left foot out to left side, recover weight onto right, cross left foot over right
- 5& Make a 1/4 turn left and step back on right foot, hitch left knee and clap hands
- 6& Make a 1/2 turn left and step forward on left foot, hitch right knee and clap hands
- 7&8 Step forward on right foot, lock left foot behind right foot, step forward on right foot

Section 3 Rumba Box, Side-Cross-Side x2

- 1&2 Step left foot to left side, step right foot together, step left foot forward
- 3&4 Step right foot to right side, step left foot together, step right foot back
- 5&6& Step left foot to left side, cross right foot over left, step left foot to left side, kick right foot to right diagonal
- 7&8& Step right foot to right side, cross left foot over right, step right foot to right side, kick left foot to left diagonal

Section 4 Behind 1/4 Turn, Step 1/2 Turn Step, Step-Lock-Step-Step-Lock-Step-Step

- 1&2 Cross left foot behind right, make a 1/4 turn right and step forward on right foot, step forward on left foot
- 3&4 Step forward on right foot, pivot a 1/2 turn left, step forward on right foot
- 5&6 Step forward on left foot, lock right foot behind left, step forward on left foot
- &7& Step forward on right foot, lock left foot behind right, step forward on right foot
- 8 Step forward on left foot

Quelle:

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