## STEPPIN'OFF



**THEPage** 



Approved by:

## PMA Crazy Foot Mambo

| 2 WALL - 32 COUNTS - IMPROVER |                                                                                         |                       |               |
|-------------------------------|-----------------------------------------------------------------------------------------|-----------------------|---------------|
| STEPS                         | Actual Footwork                                                                         | Calling<br>Suggestion | DIRECTION     |
| Section 1                     | Forward Mambo, Back Mambo, Forward Lock Step, Step, Pivot 1/2, Step                     |                       |               |
| 1 & 2                         | Rock forward on right. Rock back on left. Step right back.                              | Forward Mambo         | On the spot   |
| 3 & 4                         | Rock back on left. Rock forward on right. Step left forward.                            | Back Mambo            |               |
| 5 & 6                         | Step right forward. Lock left behind right. Step right forward.                         | Right Lock Right      | Forward       |
| 7 & 8                         | Step left forward. Pivot 1/2 turn right. Step left forward.                             | Step Turn Step        | Turning right |
| Section 2                     | Side Rock Cross x 2, 1/4 Turn, Hitch, 1/2 Turn, Hitch, Forward Lock Step                |                       |               |
| 1 & 2                         | Rock right out to right side. Recover onto left. Cross right over left.                 | Side Rock Cross       | Left          |
| 3 & 4                         | Rock left out to left side. Recover onto right. Cross left over right.                  | Side Rock Cross       | Right         |
| 5 &                           | Make 1/4 turn left and step right back. Hitch left knee and clap hands.                 | Turn Hitch            | Turning left  |
| 6 &                           | Make 1/2 turn left and step left forward. Hitch right knee and clap hands.              | Turn Hitch            |               |
| 7 & 8                         | Step right forward. Lock left behind right. Step right forward.                         | Right Lock Right      | Forward       |
| Section 3                     | Rhumba Box, Side Cross Side Kick x 2                                                    |                       |               |
| 1 & 2                         | Step left to left side. Step right beside left. Step left forward.                      | Side Together Forward | Left          |
| 3 & 4                         | Step right to right side. Step left beside right. Step right back.                      | Side Together Back    | Back          |
| 5 &                           | Step left to left side. Cross right over left.                                          | Side Cross            | Left          |
| 6 &                           | Step left to left side. Kick right to right diagonal.                                   | Side Kick             |               |
| 7 &                           | Step right to right side. Cross left over right.                                        | Side Cross            | Right         |
| 8 &                           | Step right to right side. Kick left to left diagonal.                                   | Side Kick             |               |
| Section 4                     | Behind, 1/4 Turn, Step, Pivot 1/2, Step, Forward Lock Step x 2, Step                    |                       |               |
| 1 & 2                         | Cross left behind right. Make 1/4 turn right and step right forward. Step left forward. | Behind Turn Step      | Turning right |
| 3 & 4                         | Step right forward. Pivot 1/2 turn left. Step right forward.                            | Step Turn Step        | Turning left  |
| 5 & 6                         | Step left forward. Lock right behind left. Step left forward.                           | Left Lock Left        | Forward       |
| & 7 &                         | Step right forward. Lock left behind right. Step right forward.                         | Right Lock Right      |               |
| 8                             | Step left forward.                                                                      | Step                  |               |

Choreographed by: Paul McAdam (UK) January 2008

Choreographed to: 'If You Wanna Be Happy' by Dr Victor & The Rasta Rebels (87 bpm) or

on CD Crazy Foot Mambo available from Linedancer magazine

(start on vocals, approx 22 seconds into track)



A video clip of this dance is available at www.linedancermagazine.com



Music available on the Crazy Foot Mambo CD from www.linedancermagazine.com or call 01704 392300