

Heartbeat (Practice Dance) Mb IV (soft)

Artist: Buddy Holly, Album: Oh Boy; Länge: 2:11; Choreo: Gabriele Langer (9. April 2013)

Practice Dance as Introduction to Mambo - Transfer from Rumba to Mambo: think of it as a very quick Rumba but with soft knees and timing QQQ-; (MB)

Figure Names taken from Rumba. Explain: default Dance Hold is loosed CP for MB, Mambo is danced starting the first step with a soft knee not onto a straight leg as in Rumba

Sequence: Intro AB C AB Endg

Intro (Wait 2);; Cucaracha - Twice;;

(lsd.CP)

Part A Fwd & Bk Basic*;; Half Basic; Fan; Hockeystick;; Shldr to Shldr - Twice (loose CP);;

(lsd CP) Crossbody;; Fwd & Bk Basic;; Alemana - (CP);; Crossbody - (Wall);;

Part B Fwd & Bk Basic - (Bfly);; NYer; (Thru to) Aida; Bk Basic; Fwd Basic; Bk Basic (lstd CP); Sd Wk 3 (to RLOD);

(lsd CP) Bk Brk (Scp); Swivel Wk 6;; Spot Trn; Bk Brk (Scp)**; Thru Fc Cl**; Cucaracha - Twice;;

Part C Chase - (lsd CP);;; Op Brk; Spot Trn; Bk Brk (Scp)**; Thru Fc Cl**;

Repeat AB (Fwd & Bk Basic ...)

Endg Op Brk; (Thru to) Aida & Hold;

(lsd CP)

* in Mambo Terminology: Progressive Basic; may be called Progressive Basic for more experienced dancers

** feeling of Figure combination is close to Scallop, can be replaced by scallop for more experienced dancers

Structure of Music; i4 a 8+8 b 8 a 8 C 8 a 8+8 b 8 a 8 e 2

III Back Basic
III Basic (Half Basic)
III Break [to position] - Bk Brk (Scp)
III Chase
III Forward Basic
III New Yorker
III Open Break
III Spot Turn
IV Aida
IV Cross Body
IV Patty Cake Tap
IV Progressive Basic
IV Scallop
V Arm Check

aus anderen Rhythmen:

III Cucaracha
III Shoulder to Shoulder
III Side Walks
III Swivel Walk 6
IV Alemana
IV Fan
IV Hockeystick

Step Cues:

I Thru Fc Cl