

PROGRAMMA DI MAMBO		LEVEL 1 BEGINNERS	
	Open Shines		Partner Works
1	Basic Step	1	Cross Body Lead
2	Side basic	2	CBL,open break & right turn (l) right turn (g)
3	Back Step	3	CBL,open break & left turn (l) left turn (g)
4	Forward Step	4	Crossover break and walk around
5	Back Cross Step	5	CBL, open check - LT(l), RT(g), RT(l)
6	Side Cross Basic	6	CBL, open break, RT(l), LT(g), LT(l)
7	Braid step	7	Hammerlock
8	Suzy Q	8	Around the world
9	Front Double Basic	9	Sombrero
10	Hook Step		
11	Spiral Step		Footwork technique turns
12	Left Flare	1	Right turn
13	Double Left Flare	2	Left turn
14	Promenade	3	Half right turn with the left (HRTwL)
15	Weight Change	4	Half left turn with the right (HLTwr)
16	Crossover	5	Walk around left turn on 2
17	Side Taps / Double Side Taps	6	Right turn preparation
18	V Step - V step turn	7	Half left turn with the left (HLTwl)
<p><i>Il programma prevede una certa rigidità iniziale per acquisire la padronanza delle tecniche di base.</i></p>			
<p><i>Una fase indispensabile per poter sviluppare inventiva e capacità di interpretare la musica che è l'obiettivo principale del mambo New York Style</i></p>			