

# Mambo Express + AB Mambo Express

**COPPER** KNOB  
BY SHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Marie Pietersz (AUS) - June 2019

Musik: Mambo Italiano - Dean Martin

oder: Mambo No.5 - Lou Bega



Will suit most Latin music. Split floor with Crazy Foot Mambo / Cowboy Mambo

## S1. RIGHT MAMBO, LEFT MAMBO

- 1-4 step side on R foot, lift L foot and replace, step R foot back next to L, hold  
5-8 step side on L foot, lift R foot and replace, step L foot back next to R, hold

## S2. BACK MAMBO, LEFT LOCK FORWARD

- 9-12 step back on right foot, lift L foot and replace, step R foot back next to L, hold  
13-16 step L forward, step R behind L, step L forward, hold.

## S3. RIGHT LOCK FORWARD, FORWARD MAMBO

- 17-20 step R forward, step L behind R, step Left forward.  
21-24 rock forward on L, recover on R, step back on L.

## S4. STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, STEP, TOUCH

- 1-2 step back on R, touch L next to R.  
3-4 step back on L, touch R next to L.  
5-7 step back on R, Touch L next to R  
7-8 step on L with a 1/4 turn L, touch R next to L.

REPEAT AND ENJOY

OR as AB MAMBO EXPRESS - 16 count dance

## RIGHT AND LEFT MAMBO, BACK MAMBO, LEFT LOCK FORWARD

- 1&2 step side on R foot, lift L foot and replace, step R foot back next to L.  
3&4 step side on L foot, lift R foot and replace, step L foot back next to R.  
5&6 step back on right foot, lift L foot and replace, step R foot back next to L.  
7&8 step L forward, step R behind L, step L forward.

## RIGHT LOCK FORWARD, FORWARD MAMBO, STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, TOUCH, STEP

- 1&2 step R forward, step L behind R, step Left forward.  
3&4 rock forward on L, recover on R, step back on L.  
5& step back on R, touch L next to R.  
6& step back on L, touch R next to L.  
7& step back on R, touch L next to R  
8 step on L with a 1/4 turn L, touch R next to L.

REPEAT AND ENJOY

Many thanks to Wanda Heldt (SilverstarWA@gmail.com) for putting step sheet to paper

Version 1 3/18 [www.LiveLifeLearn.com.au](http://www.LiveLifeLearn.com.au)

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