

# Understanding Mambo

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Susanne Mose Nielsen (DK)

Musik: Peace Understanding and Love - Tamra Rosanes



## THE INTRO

8 counts intro in the music. Then dance "the intro" once, and start the dance

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

- 1&2 Step forward on right, recover weight on left, step right next to left
- 3&4 Step back on left, recover weight on right, step left next to right
- 5&6 Step right to right, recover weight to left, cross right over left
- 7-8 Step left to left, touch right next to left

### RIGHT CHASSE - BACK ROCK - LEFT CHASSE, BACK ROCK, SWAY RIGHT, LEFT

- 9&10 Step right to right side, step left next to right, step right to right side
- 11-12 Step back on left, recover weight on right
- 13&14 Step left to left side, step right next to left, step left to left side
- 15-16 Step back on right, recover weight on left
- 17-18 Step right to right and sway right hip to the right, recover weight on left and sway left hip to left

## THE DANCE

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

- 1&2 Step forward on right, recover weight on left, step right next to left
- 3&4 Step back on left, recover weight on right, step left next to right
- 5&6 Step right to right, recover weight to left, cross right over left
- 7-8 Step left to left, touch right next to left

### ¼ RIGHT SHUFFLE - FULL TURN RIGHT - LEFT MAMBO FORWARD - RIGHT MAMBO BACK

- 9&10 Step right into ¼ turn right, step left next to right, step right forward (3:00)
- 11-12 (Moving forward) turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right
- 13&14 Step forward on left, recover weight on right, step left next to right
- 15&16 Step back on right, recover weight on left, step right next to left

### SWAY LEFT, RIGHT- LEFT SAILOR STEP - UNWIND ¾ RIGHT - LEFT SHUFFLE FORWARD

- 17-18 Step left to left and sway left hip to the left, recover weight onto right and sway right hip to the right
- 19&20 Step left behind right, step right to the right, step left slightly diagonal left forward
- 21-22 Touch right behind left, on ball of feet unwind ¾ ends up with weight on right (12:00)

### Restart from here during 4th wall

- 23&24 Step left forward, step right next to left, step forward on left

### RIGHT MAMBO FORWARD - WALK BACK LEFT, RIGHT - LEFT MAMBO BACK - LEFT PIVOT TURN

- 25&26 Step forward on right, recover weight on left, step right next to left
- 27-28 Walk back left, walk back right
- 29&30 Step back on left, recover weight on right, step left next to right
- 31-32 Step forward on right, pivot ½ turn left (6:00)

## REPEAT

## TAG

**After 2nd wall and after 4th wall**

1-4                Sway right, sway left

**RESTART**

**During 5th wall in 3rd section**

1-4                Sway left, right

5&6               Left sailor step

7-8                Walk  $\frac{3}{4}$  right on right and left

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