

Mi Media Mitad

Count: 96

Wand: 1

Ebene: Improver - mambo

Choreograf/in: Nena Matela (USA) - March 2012

Musik: Mi Media Mitad - Rey Ruiz : (CD: Lo Esencial - iTunes)



Alt. Music: Rosalinda by Thalia [CD: Thalia: Greatest Hits / Available on iTunes]

Start dancing on lyrics

MAMBO FORWARD, MAMBO BACK

1-4 Rock left forward, recover to right, step left back, hold

5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

STEP-TURN-STEP-HOLD, MAMBO BACK

1-4 Step left forward, turn 1/2 left and step right together, step left back, hold

5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

ANGLED MAMBO BACK (RIGHT, LEFT)

1-4 Turn 1/8 left and rock left back, recover to right, turn 1/8 right and step left together, hold

5-8 Turn 1/8 right and rock right back, recover to left, turn 1/8 left and step right together, hold

9-16 Repeat 1-8

MAMBO FORWARD, MAMBO BACK

1-4 Rock left forward, recover to right, step left back, hold

5-8 Rock right back, recover to left, step right forward, hold

9-16 Repeat 1-8

MAMBO CROSS OVER, MAMBO CROSS BEHIND

1-4 Cross left over right, step right to side, step left back, kick right forward

5-8 Cross right behind left, step left to side, step right forward, hold

9-16 Repeat 1-8

MAMBO LEFT, MAMBO RIGHT

1-4 Rock left to side, recover to right, step left together, hold

5-8 Rock right to side, recover to left, step right together, hold

9-16 Repeat 1-8

REPEAT
