

One Mambo

Compte: 64

Mur: 4

Niveau: Improver mambo

Chorégraphe: Valerie Garant

Musique: Melbourne Mambo - The Mavericks



LATIN "STRUTS"

1-8 Step forward on right toe, drop right heel, repeat with left-right-left

Styling: as stepping on right toe lift right hip, hip drops as heel drops. Repeat on left

MAMBO FORWARD AND BACK

9-12 Rock forward on right foot, recover on left, close right beside left, hold

13-16 Rock backward on left foot, recover on right, close left, hold

Styling: as rock forward, lean upper body forward and cross wrists in front at knee level. As rock backward raise arms high in air with slight lean backward

17-32 Repeat counts 1-16

MODIFIED "BOTOFOGO"

33-40 Traveling to left cross right foot in front of left, step left to side repeat to count of 22, cross right in front of left on count 24 swing left foot around to front

41-48 Traveling to right cross left foot in front of right, step right to side, repeat to count of 30, cross left in front of right, on count 32 swing right foot to side

Styling: when moving to left lean upper body to right dropping right shoulder, when moving to right lean upper body to left dropping left shoulder

MAMBO RIGHT-LEFT-RIGHT-LEFT

49-52 Rock right foot to right side, recover on left, close right, hold

53-64 Repeat to left, right as ¼ turn to right, left

Styling: when rocking to right press right hip to right, to left press left hip to left, arms are flexed at waist level

REPEAT
