

# Mi Media Mitad

**Compte:** 96

**Mur:** 1

**Niveau:** Improver - mambo

**Chorégraphe:** Nena Matela (USA) - March 2012

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



**Alt. Music:** Rosalinda by Thalía [CD: Thalía: 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**

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