

Mambo #5

拍数: 48 墙数: 4 级数: Fun
编舞者: Carol Cooper (CAN) - February 2021
音乐: Mambo No. 5 (a Little Bit of...) - Lou Bega



[1-8] LOCK STEP FORWARD/MAMBO FORWARD/LOCK STEP BACK/MAMBO BACK

1&2 Step forward Right, Lock Left behind Right, Step forward Right
3&4 Rock forward Left, Rock back onto Right, Step Left beside Right,
5&6 Step back Right, Lock Left Across Right, Step back Right
7&8 Rock back Left, Rock forward Right, Step Left beside Right

[9-16] SIDE TOGETHER/CHASSE RIGHT ¼ TURN/STEP ½ TURN/SHUFFLE

1-2 Side step Right, Step left next to Right
3&4 Side step Right, Step Left next to Right, Side step Right making ¼ turn Right
5-6 Step forward Left Pivot ½ Turn Right
7&8 Shuffle forward Left-right-left.

[17-24] MAMBO FWD/MAMBO BACK/STEP SIDE TOGETHER/SCISSORS

1&2 Rock forward Right, Rock back onto Left, Step Right next to Left
3&4 Rock back Left, Rock forward Right, Step Left next to Right
5-6 Long Side Step Right, Step Left next to Right
7&8 Side step Right, step Left beside Right, Cross step Right across Left

[25-32] TOE STRUTS/SCISSORS X2

1&2& Touch Left toe to Left side, Step heel down, Touch Right toe across Left, Step heel down
3&4 Side step Left, Step Right beside Left, Step Left Across Right.
5&6& Touch Right toe to Right side, Step heel down, Touch Left toe across Right, Step heel down
7&8 Side step Right, Step Left beside Right, Step Right Across Left

[33-40] ROCK RECOVER CROSS X2 / SHUFFLE/ STEP ½ TURN

1&2 Rock side Left, Rock onto Right, Cross Left over Right
3&4 Rock side Right, Rock onto Left, Cross Right over Left
5&6 Shuffle forward, Left-Right-Left,
7-8 Step forward Right, Pivot ½ turn Left

[41-48] MAMBO FWD/MAMBO BACK/SIDE-TOUCH/SCISSORS

1&2 Rock forward Right, Rock back Left, Step Right beside Left,
3&4 Rock back Left, Rock forward Right, Step Left beside Right
5-6 Long Side step Right, Touch left Toe next to Right,
7&8 Side step Left, Step Right beside Left, Cross step Left over Right

BEGIN AGAIN.....ENJOY!!!