

Mambo No. 5

拍数: 40 墙数: 4 级数:
编舞者: Unknown - December 2021
音乐: Mambo No.5 - Lou Bega



FORWARD MAMBO, BACK MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock L forward, recover R, step L next to R (weight on L)
3&4 Rock R back, recover L, step R next to L (weight on R)
5&6 Rock L forward, recover R, step L next to R (weight on L)
7&8 Rock R back, recover L, step R next to L (weight on R)

LEFT MAMBO, RIGHT MAMBO, LEFT MAMBO, RIGHT MAMBO

1&2 L side rock, recover R, step L next to R (weight on L)
3&4 R side rock, recover L, step R next to L (weight on R)
5&6 L side rock, recover R, step L next to R (weight on L)
7&8 R side rock, recover L, step R next to L (weight on R)

STEP 1/2 TURN, CHA CHA, STEP 1/2 TURN CHA CHA

1,2 Step forward L, 1/2 turn R (weight on R)
3&4 Step L forward, step R beside L, step L forward
5,6 Step R forward, 1/2 turn L (weight on L)
7&8 Step R forward, step L beside R, step R forward

LEFT CAMEL WALKS, RIGHT CAMEL WALKS

1&2 Step L forward (on the diagonal), step R beside L, step L forward
&3&4 Step R beside L, step L forward, step R beside L, step L forward
5&6 Step R forward (on the diagonal), step L beside R, step R forward
&7&8 Step L beside R, step R forward, step L beside R, step R forward

JAZZ BOX ON THE SPOT, JAZZ BOX 1/4 TURN LEFT (CLAP)

1,2, 3,4 Cross L over R, step R back, step L beside R, step R slightly forward
5,6,7,8 Cross L over R, step R back as you 1/4 L, step L forward, step R beside L (CLAP)
