

NO. 5

拍数: 48 墙数: 1 级数: Phrased Beginner
编舞者: Eun Hee Yoon (KOR) - January 2022
音乐: Mambo No.5 - Lou Bega



* Intro : 32 counts - A (16counts), B (16counts), C (16counts)

* Sequence : AAA BB CC AA(8) BB CCC(12) AA BB C

Part A (16counts)

Sec. 1) (Toe Strut, Back Rock, Recover) (R, L) ×2

1&2& Touch RF to R side (1), RF heel drop (&), Rock LF back (2), Recover on RF (&)
3&4& Touch LF to L side (3), LF heel drop (&), Rock RF back (4), Recover on LF (&)
5&6& Touch RF to R side (5), RF heel drop (&), Rock LF back (6), Recover on RF (&)
7&8& Touch LF to L side (7), LF heel drop (&), Rock RF back (8), Recover on LF (&)

Sec. 2) Forward Mambo, Back Mambo, Side Mambo (R, L)

1&2 Rock RF forward (1), Recover on LF (&), RF next to LF (2)
3&4 Rock LF back (3), Recover on RF (&), LF next to RF (4)
5&6 Rock RF to R side (5), Recover on LF (&), RF next to LF (6)
7&8 Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

Part B (16counts)

Sec. 1) R (Side Toe Strut, Cross Toe Strut) ×2, Side Rock, Back Rock, Side Rock, Together

1&2& Touch RF to R side (1), RF heel drop (&), Touch LF over RF (2), LF heel drop (&)
3&4& Touch RF to R side (3), RF heel drop (&), Touch LF over RF (4), LF heel drop (&)
5&6& Rock RF to R side (5), Recover on LF (&), Rock RF back (6), Recover on LF (&)
7&8 Rock RF to R side (7), Recover on LF (&), RF next to LF (8)

Sec. 2) L (Side Toe Strut, Cross Toe Strut) ×2, Side Rock, Back Rock, Side Rock, Together

1&2& Touch LF to L side (1), LF heel drop (&), Touch RF over LF (2), RF heel drop (&)
3&4& Touch LF to L side (3), LF heel drop (&), Touch RF over LF (4), RF heel drop (&)
5&6& Rock LF to L side (5), Recover on RF (&), Rock LF back (6), Recover on RF (&)
7&8 Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

Part C (16counts)

Sec.1) (Forward Mambo, Back Mambo) ×2

1&2 Rock RF forward (1), Recover on LF (&), RF next to LF (2)
3&4 Rock LF back (3), Recover on RF (&), LF next to RF (4)
5&6 Rock RF forward (5), Recover on LF (&), RF next to LF (6)
7&8 Rock LF back (7), Recover on RF (&), LF next to RF (8)

Sec. 2) Side Mambo (R, L) ×2

1&2 Rock RF to R side (1), Recover on LF (&), RF next to LF (2)
3&4 Rock LF to L side (3), Recover on RF (&), LF next to RF (4)
5&6 Rock RF to R side (5), Recover on LF (&), RF next to LF (6)
7&8 Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

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