

Mambo # 5

拍数: 48 墙数: 4 级数: Beginner
编舞者: Jeannie Compter (USA) - July 2022
音乐: What I Can't Put Down - Jon Pardi
或: Mambo No.5 - Lou Bega



Alt: Mambo No. 5 by Lou Bega

Right toe touch out, in , out ,in and mambo to the right with a left touch

1 2 R toe out to right side, R foot touch next to L
3-4 R toe out to right side R foot touch next to L
5-6 Step R foot out and L foot together with R (change weight to L foot)
7-8 Step R foot out and L foot touch next to R

Left toe touch out, in , out ,in and mambo to the left with a right touch

1 2 L toe out to left side, L foot touch next to R
3-4 L toe out to left side, L foot touch next to R
5-6 Step L foot out and R foot together with L (change weight to R foot)
7-8 Step L foot out and L foot touch next to L

Mambo forward, mambo back,

1 - 2 R foot step forward, pick up L foot,
3 - 4 R foot back home and hold (weight is on your right foot)
5 - 6 L foot step back, pick up R foot,
7 - 8 L foot back home and hold (weight is on your left foot)

Mambo right, mambo left

1-2 R foot step right side, pick up L foot,
3-4 R foot back home and hold (weight is on your right foot)
5-6 L foot step left side, pick up R foot,
7-8 R foot back home and hold (weight is on your left foot)

Shuffle Right Forward, Rock Left foot forward and turn, right cross, left cross

1 & 2 R foot (shuffle), R-L-R and hold (weight is on your R foot)
3 & 4 L foot (Mambo forward) 1/4 turn to the left and hold (weight is on your L foot)
5 & 6 R foot cross in front of L foot, recover and hold (weight is on your R foot)
7 & 8 L foot cross in front of R foot, recover and hold (weight is on your L foot)

Start over. It's a little tricky, but you can do it!

Last Update: 10 Apr 2024