A Little Bit Of Mambo



拍数: 64 墙数: 1 级数: Improver

编舞者: Dianne Evans (UK) 音乐: Mambo No.5 - Lou Bega



MAMBO STEPS, FORWARD, BACK, LEFT SIDE AND RIGHT SIDE

1-4	Rock forward right, step back left, small step right beside left, hold
5-8	Rock back left, rock forward right, small step left beside right, hold

1-4	Rock right foot to right side, step on left in place, close right to left, hold
5-8	Rock left foot to left side, step on right in place, close left to right, hold

RIGHT FORWARD LOCK AND CLAP, LEFT FORWARD LOCK AND 2 CLAPS

1-4 Step forward right foot, draw left foot behind right foot, step forward right foot, clap Step forward left foot, draw right foot behind left foot, step forward left foot, clap

DIAGONAL STEP FORWARD RIGHT, CLAP, DIAGONAL STEP BACK LEFT, 2 CLAPS

1-4 Long step diagonally forward to 1:00 on right foot, drag left foot to meet right for 2-4, clap on

5-6-7&8 Long step diagonally back to 7:00 on left, drag right foot in to meet left for 2-4 clap, clap (&4)

STEP RIGHT TOGETHER CROSS, HOLD, SHIMMY TO THE LEFT CLOSE

Step right foot to right side, join right foot to left, cross right foot over left, hold
Step left foot to left side bending knees and shimmy, close right to left

STEP LEFT TOGETHER CROSS, HOLD, STEP RIGHT, CROSS BEHIND, ½ TURN LEFT

1-4 Step left foot to left side, join right foot to left, cross left foot in front of right, hold

5-6 Step right to right side, cross left behind right, keeping knees bent

7-8 Unwind ½ turn left

STEP RIGHT TOGETHER CROSS, HOLD, STEP LEFT, CROSS BEHIND, ½ TURN RIGHT

1-4 Step right foot to right side, join right foot to left, cross right foot over left, hold

5-6 Step left foot to left side, cross right behind left, keeping knees bent

7-8 Unwind ½ turn right

STEP BACK LEFT, CROSS, BACK LEFT, BACK RIGHT, CROSS, BACK RIGHT, STEP LEFT, HOLD

1-2-3	Step diagonally back left foot, cross right foot in front of left foot, step diagonally back on left foot

4-5-6 Step diagonally back on right foot, cross left foot in front of right, step diagonally back on right

foot

7-8 Step to side on left foot, hold

REPEAT