

Mambo #5

拍数: 0 墙数: 1 级数: Intermediate/Advanced
编舞者: Anthony Lee (USA) & Pedro Machado (UK)
音乐: Mambo No.5 - Lou Bega



Sequence: XXX, YXX, ZXX-ish

PART X

HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK

&1-2 Hitch left knee, cross left over right, hold
&3-4 Hitch right knee, cross right over left, hold
&5-6 Hitch left knee, touch left over right, hold
&7-8 Hitch left knee, tuck left toe behind right foot, hold

HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

&9-10 Hitch right knee, touch right toe back, hold
&11-12 Hitch right knee, cross right over left, hold
13-14 Sweep right from front to back, crossing right behind left (weight on right)
15-16 Unwind full turn, hold (feet together)

MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN LEFT, FORWARD MAMBO, ¾ TURN TO LEFT

17&18 Rock left to left side, replace weight onto right, step left next to right
19&20 Rock right to right side, replace weigh onto left making ¼ turn left, step right foot forward
21&22 Rock forward onto left, replace weight onto right, step left next to right
23& Step back on right making ¼ turn left, step to side with left making ¼ turn left
24 Step forward on right making ¼ turn left (end with weight on right)

CROSS SIDE BACK, BACK ¼ TURN, FORWARD, CROSS, SIDE, BACK, BACK ¼ TURN FORWARD

25&26 Cross left over right, step to side on right, step back on left
27&28 Step back on right, step on left making ¼ left, step forward on right
29&30 Cross left over right, step to right side on right, step back on left
31&32 Step back on right, step forward on left making ¼ turn left, step forward on right

STEP FORWARD ½ PIVOT RIGHT, ½ PIVOT, TOUCH & TOUCH & PUSH

33-34 Step forward on left, pivot ½ turn right (weight on right)
35-36 Make another ½ turn on ball of right (transferring weight to left), hold
37&38 Touch right toe slightly forward of left, step right next to left, touch left toe slightly forward of right
&39-40 Step left next to right, press ball of right foot slightly forward of left, hold

STEP, HOLD, LOCK, HOLD, ANKLE BREAKERS MAKING ½ TURN RIGHT

41-42 Step left slightly forward of right, hold
43-44 Cross right behind left (weight on right), hold
45 With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
46 With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn
47 With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
48 With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn (ending weight on right)

Variation: counts 5-8, unwind slowly on balls of both feet ending with weight on right foot

PART Y

The first 16 counts of Part Y are the same as the first 16 counts of Part X

HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK

- &1-2 Hitch left knee, cross left over right, hold
- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD

- 17&18 Rock left to left side, replace weight onto right, step left next to right
- 19&20 Rock right to right side, replace weight onto left, cross right over left
- 21-22 Unwind ½ turn left (place hands on hips looking over left shoulder), hold
- 23 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot (open arms out, palms facing front with arms at waist height)
- 24 Hold

ROLLING VINE LEFT, CROSS, ANKLE BREAKERS, SIDE STEP LEFT

- 25-26 Make ¼ turn to left step forward on left, make ¼ turn left step to the side on right
- 27&28 Make ½ turn to left stepping to side on left, cross right foot over left, hold
- 29 With weight on balls of feet, rock to the right on sides of both feet
- 30 With weight on balls of feet, rock to the left on sides of both feet
- 31 With weight on balls of feet, rock to the right on sides of both feet
- & Rock weight on ball of right foot
- 32 Step left to left

ARMS MOVEMENTS

- 33& With arms out to sides, move right up and left down, move right down and left up
- 34& Move right arm up and left down, move right down and left up
- 35& Move right arm up and left down, move right down and left up
- 36 Bring arms down and step left next to right

Variation: During the four counts of arm movements, doing anything you like (e.g. Roll arms in front of chest while moving your body side to side)

MAMBO LEFT, MAMBO RIGHT, MAMBO BACK, HITCH STEP SLIDE

- 37&38 Rock left to left side, replace weight onto right, step left next to right
- 39&40 Rock right to right side, replace weight onto left, step right foot forward
- 41&42 Rock back left, replace weight onto right, step forward left
- &43-44 Hitch right, large step to right on right, slide left and touch next to right

- 45 Step left to left (pretend you're clapping above your head, but miss and grab your elbows)
- 46 Hold
- 47 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot
- 48 Start shaking from your feet working upwards (continue the shaking motion up to count 7)
- 49-50 Slap backside with both hands, slap backside with both hands
- 51-52 Pivoting on ball of right foot, make ½ turn right stepping to left side on left foot, hold

PART Z

The first 8 counts of Part Z are the same as the first 8 counts of Part X

HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK

- &1-2 Hitch left knee, cross left over right, hold

- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

SIDE STEP, HOLD, STEP TOGETHER, HOLD

- 17-18 Step left to left (place hands on hips), hold
- 19 Step left next to right (open arms out, palms facing front with arms at waist height)
- 20 Hold

PART ISH!

**The first 16 counts of Part ISH are the same as the first 16 counts of Part X
HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK**

- &1-2 Hitch left knee, cross left over right, hold
- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD

- 17&18 Rock left to left side, replace weight onto right, step left next to right
 - 19&20 Rock right to right side, replace weigh onto left, cross right over left
 - 21-22 Unwind ½ turn left (place hands on hips looking over left shoulder), hold
 - 23 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot (open arms out, palms facing front with arms reaching upwards)
 - 24 Hold
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