

Mambo #5 (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Ruthann
音乐: Mambo No.5 - Lou Bega



Position: Couples facing partner, men inside circle, ladies outside circle

MAN'S STEPS

TOE POINT, CLAP, STEP, CLAP, PIVOT FULL TURN

1& Point right toe forward diagonal right, clap ladies hands
2& Step right beside left, clap own hands
3&4 Step left across right, pivot turn right, face lady weight left

CROSS & CROSS, SWEEP TO LOD, CROSS & CROSS, TAP TO RLOD

1&2& Cross right over left, step left cross right over left, sweep left foot up
3&4& Cross left over right, step right, cross left over right, tap right to right

Arms outward, brace ladies palms lightly

CUCARACAUS TO RLOD AND TO LOD

1&2& Point weight right, in place left, step right beside left to RLOD
3&4& Point weight left, in place right, step left beside right to LOD

Extend right arm with right foot and left arm with left foot

CROSS, SWIVEL, TURN TO RLOD AND LOD

1&2 Cross right over left, step left pivot ½ turn, step right RLOD
3&4& Cross left over right, step right pivot ½ turn, step left & weight change to right and tap left at front

Arms outwards, brace palms lightly with lady

LEFT STEP, LOCK, STEP CLAP, STEP RIGHT, CLAP, CLAP DOWN LOD

1&2& Step left lock right behind left, step left forward diagonal, clap hands once while leaning slightly to the left -heads side by side-hands slightly to left forward
3&4 Step right forward diagonal, clap, clap, while leaning slightly to right -heads side by side - hands to right front of face and hands side by side

Right hand holds lady's, left hands extends left diagonal LOD

ROCK FORWARD, LEFT BACK, FACE PARTNER AND SIDE MAMBO WALK DOWN LOD

1&2 Rock forward left, back right, and turn to face lady, tap left
&3&4 Lower step left, right, left (quick quick slow) to LOD

Take lady's hands for side mambo walk

LADY'S STEPS

TOE POINT, CLAP, STEP, CLAP, PIVOT FULL TURN

1& Point left toe forward diagonal left clap man's hands
2& Step left beside right, clap own hands
3&4 Step right across left, pivot turn left, face man weight right

CROSS & CROSS, SWEEP TO LOD, CROSS & CROSS TAP TO RLOD

1&2& Cross left over right, step right, cross left over right, sweep left foot up
3&4& Cross right over left, step left, cross right over left, tap left to left

Arms outwards, brace man's palms lightly

CUCARACAUS TO RLOD AND TO LOD

1&2& Point weight left, in place right, step left beside right to RLOD

3&4& Point weight right, in place left, step right beside left to LOD

Extend left arm with left foot and right arm with right foot

CROSS, SWIVEL, TURN TO RLOD AND LOD

1&2 Cross left over right, step right pivot ½ turn, step left RLOD

3&4& Cross right over left, step left pivot ½ turn, step right, tap left to front

Arms outwards, brace palms lightly with man

LEFT STEP, LOCK, STEP CLAP, STEP RIGHT, CLAP, CLAP DOWN LOD

1&2& Step left lock right behind left, step left forward diagonal, clap hands once while leaning slightly to the left -heads side by side-hands slightly to left forward

3&4 Step right forward diagonal, clap, clap, while leaning slightly to right -heads side by side - hands to right front of face and hands side by side

Left hand holds man's, right hand extends right diagonal RLOD

ROCK FORWARD, LEFT BACK, FACE PARTNER AND SIDE MAMBO WALK DOWN LOD

1&2 Rock forward left, back right, and turn to face man, step left

&3&4 Lower step right, left, right (quick quick slow) to LOD

REPEAT
