

Mambo No. 5

拍数: 32 墙数: 4
编舞者: W.P.M. Sanders (NL)
音乐: Mambo No.5 - Lou Bega

级数: Beginner



FORWARD & BACK TOUCH

- 1 Left foot touch forward
- 2 Left foot close
- 3 Right foot touch back
- 4 Right foot close

FORWARD & BACK TOUCH

- 5 Left foot touch forward
- 6 Left foot close
- 7 Right foot touch back
- 8 Right foot close

LEFT & RIGHT TOUCH

- 9 Left foot touch left
- 10 Left foot close
- 11 Right foot touch right
- 12 Right foot close

LEFT & RIGHT TOUCH

- 13 Left foot touch left
- 14 Left foot close
- 15 Right foot touch right
- 16 Right foot close

STEP LEFT, SHUFFLE LEFT

- 17 Left foot step left
- 18 Right foot close
- 19 Left foot step left
- & Right foot close
- 20 Left foot step left

STEPS BACK

- 21 Right foot step back
- 22 Left foot step back
- 23 Right foot step back
- 24 Left foot step back

STEP RIGHT, SHUFFLE RIGHT

- 25 Right foot step right
- 26 Left foot close
- 27 Right foot step right
- & Left foot close
- 28 Right foot step right and $\frac{1}{4}$ turn to the right

STEPS FORWARD

- 29 Left foot step forward

- 30 Right foot step forward
- 31 Left foot step forward
- 32 Right foot step forward

REPEAT

You can make counts 1-16 into mambo steps

- 1 Left foot step forward
- & Right foot replace
- 2 Left foot close
- 3 Right foot step back
- & Left foot replace
- 4 Right foot close

- 5 Left foot step forward
- & Right foot replace
- 6 Left foot close
- 7 Right foot step back
- & Left foot replace
- 8 Right foot close

- 9 Left foot step left
- & Right foot replace
- 10 Left foot close
- 11 Right foot step right
- & Left foot replace
- 12 Right foot close

- 13 Left foot step left
 - & Right foot replace
 - 14 Left foot close
 - 15 Right foot step right
 - & Left foot replace
 - 16 Right foot close
-