

Mambo No 5

拍数: 48 墙数: 0 级数:
编舞者: Danny Richards (AUS)
音乐: Mambo No.5 - Lou Bega



LEFT VINE, RIGHT VINE (CROSSED IN FRONT)

1-4 Step left to left side, step right over left, step left to left side, point right out to right side
5-8 Step right to right side, step left over right, step right to right side, point left out to left side

FORWARD SHUFFLES MAMBO STYLE, STEP LEFT SIDE & SNAP, STEP RIGHT SIDE & SNAP

1-4 Shuffle forward with hip movements (left-right-left), (right-left-right)
5-8 Step left to left, tap right next to left & snap, step right to right, tap left next to right & snap

WALKS BACK & CLAP ONCE, WALKS BACK & CLAP TWICE

1-4 Walk backwards left-right-left - hold & clap once
5-8 Walk backwards right-left-right - hold & clap twice

SPRING BALL CHANGES, KICK RIGHT FOOT FORWARD & BACK

1&2 Spring left onto left foot, ball change (right-left)
3&4 Spring right onto right foot, ball change (left-right)
5&6 Spring left onto left foot, ball change (right-left)
7-8 Kick right foot forward, bending right knee swing right foot back

HIPS TO RIGHT, HIPS TO LEFT, STEP ¼ TURN, STEP ¼ TURN

1-4 Stepping on right at right 45 - push hips twice to right, push hips twice to left
5-8 Step forward on right, ¼ turn left, step forward on right, ¼ turn left (use hips on turns)

3 KICK BALL CHANGES WITH ¼ TURNS LEFT, STOMP FORWARD RIGHT FOOT, HOLD

1&2 Kick right foot forward, turn ¼ left on ball change (right-left)
3&4 Kick right foot forward, turn ¼ left on ball change (right-left)
5&6 Kick right foot forward, turn ¼ left on ball change (right-left)
7-8 Stomp right foot a bit forward (keep weight on right), hold for 1 beat

REPEAT
