

# Mambo No. 5

拍数: 64      墙数: 0      级数:  
编舞者: Mark Simpkin (AUS) & Tracie Lee (AUS)  
音乐: Mambo No.5 - Lou Bega



- 1-4      Step left to left side, step right behind, turn  $\frac{1}{4}$  turn left & step left forward, turn  $\frac{1}{4}$  turn left on left foot
- 5-8      Step/rock right to right side, pushing hip right replace weight to left, step right across left, hold
- 1-4      Step/rock left to left side pushing hip left, replace weight to right, step left across right, hold
- 5-8      Step right back at 45 degrees right, hook left over right knee, step left forward at 45 degrees left, tap right toe behind left
- &1-2      Step right back at 45 degrees right, tap left forward heel at 45 degrees left, hold (slow heel jack)
- &3-4      Step left beside right, tap right toe behind left, hold
- &5&6      Step right back at 45 degrees right, tap left heel forward at 45 degrees left, step left beside right, tap right toe behind left
- &7-8      Step right back at 45 degrees right, tap left heel forward at 45 degrees left, hold
- &1-2      Step left beside right, step right forward, hold
- 3-4      Pivot  $\frac{1}{4}$  turn left keeping weight on right, hold
- &5-6      Step left beside right, step right forward, hold
- 7-8      Pivot  $\frac{1}{4}$  turn left taking weight to left foot, hold
- 1-2      Step right to right side, step left behind right
- 3&4      Turn  $\frac{1}{4}$  turn right & shuffle forward right-left-right
- &5&6      Turn  $\frac{1}{2}$  turn right & shuffle back left-right-left
- 7-8      Rock back on right, rock forward on left
- 1-2      Step ball of right forward, drop right heel
- 3&4      Tap left heel forward, step left beside right, step right forward (heel ball change)
- 5-6      Step ball of left forward, drop left heel
- 7&8      Tap right heel forward, step right beside left, step left forward (heel ball change)
- 1-4      Rock right to right side pushing hip right, replace weight to left, step right across left, hold
- 5-8      Rock left to left side pushing hip left, replace weight to right, step left across right, hold
- 1-4      Step back on right, step left beside right, step forward on right, hold (slow coaster step)
- 5-8      The last four counts of the dance are like Watermelon Crawl steps done on the spot turning  $\frac{1}{4}$  turn left in a twisting motion, step in place left-right-left-right turning  $\frac{1}{4}$  turn left

**REPEAT**