

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