

# Mambo No. 5

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Cathy McDaniel (USA)  
音乐: Mambo No.5 - Lou Bega



## SIDE MAMBO STEPS, MAMBO STEP ½ TURN RIGHT, FORWARD SHUFFLE

1&2      Step right to right side, shift weight to left, step right next to left  
3&4      Step left to left side, shift weight to right, step left next to right  
5&6      Step right forward, step left in place, turn ½ to right, stepping right  
7&8      Step left foot forward, step right next to left, step left foot forward

## HEEL SWITCHES, SIDE MAMBO STEPS, MAMBO STEP ¼ TURN RIGHT

1&      Touch right heel forward, step right beside left  
2&      Touch left heel forward, step left beside right  
3&4      Step right to right, rock left onto left, cross right over left  
5&6      Step left to left, rock right onto right, cross left over right  
7&8      Step right to right, rock left onto left ¼ turn right, step right beside left

## CROSSOVER MAMBO STEPS, CROSSOVER ROCK STEP, ½ TURNING TRIPLE STEP

1&2      Cross left foot over right, rock back onto right foot, step left beside right  
3&4      Cross right foot over left, rock left foot in place, step right beside left  
5-6      Cross left foot over right, rock back onto right  
7&8      Triple step left, right, left while turning a ½ left

## DIAGONAL STEP BACK, TOGETHER, HIP BUMPS

1-2      Step long diagonal step back to right, touch left beside right  
3&4      Bump hips right, left, right  
5-6      Step long diagonal step back to left, touch right beside left  
7&8      Bump hips left, right, left

## FORWARD MAMBO STEPS, MAMBO ½ TURN RIGHT, FORWARD SHUFFLE

1&2      Step right foot forward, rock left foot in place, step right foot beside left  
3&4      Step left foot back, rock right foot in place, step left foot beside right  
5&6      Step right foot forward, rock right foot in place, step right foot beside left while turn ½ turn to right  
7&8      Forward shuffle, left, right, left

## DIAGONAL STEP BACK, TOGETHER, HIP BUMPS

1-2      Step long diagonal step back to right, touch left beside right  
3&4      Bump hips right, left, right  
5-6      Step long diagonal step back to left, touch right beside left  
7&8      Bump hips left, right, left

REPEAT

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