

# Understanding Mambo

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Susanne Mose Nielsen (DK)  
音乐: Peace Understanding and Love - Tamra Rosanes



## THE INTRO

8 counts intro in the music. Then dance "the intro" once, and start the dance

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

1&2            Step forward on right, recover weight on left, step right next to left  
3&4            Step back on left, recover weight on right, step left next to right  
5&6            Step right to right, recover weight to left, cross right over left  
7-8            Step left to left, touch right next to left

### RIGHT CHASSE - BACK ROCK - LEFT CHASSE, BACK ROCK, SWAY RIGHT, LEFT

9&10           Step right to right side, step left next to right, step right to right side  
11-12           Step back on left, recover weight on right  
13&14           Step left to left side, step right next to left, step left to left side  
15-16           Step back on right, recover weight on left  
17-18           Step right to right and sway right hip to the right, recover weight on left and sway left hip to left

## THE DANCE

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

1&2            Step forward on right, recover weight on left, step right next to left  
3&4            Step back on left, recover weight on right, step left next to right  
5&6            Step right to right, recover weight to left, cross right over left  
7-8            Step left to left, touch right next to left

### ¼ RIGHT SHUFFLE - FULL TURN RIGHT - LEFT MAMBO FORWARD - RIGHT MAMBO BACK

9&10           Step right into ¼ turn right, step left next to right, step right forward (3:00)  
11-12           (Moving forward) turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right  
13&14           Step forward on left, recover weight on right, step left next to right  
15&16           Step back on right, recover weight on left, step right next to left

### SWAY LEFT, RIGHT- LEFT SAILOR STEP - UNWIND ¾ RIGHT - LEFT SHUFFLE FORWARD

17-18           Step left to left and sway left hip to the left, recover weight onto right and sway right hip to the right  
19&20           Step left behind right, step right to the right, step left slightly diagonal left forward  
21-22           Touch right behind left, on ball of feet unwind ¾ ends up with weight on right (12:00)

### Restart from here during 4th wall

23&24           Step left forward, step right next to left, step forward on left

### RIGHT MAMBO FORWARD - WALK BACK LEFT, RIGHT - LEFT MAMBO BACK - LEFT PIVOT TURN

25&26           Step forward on right, recover weight on left, step right next to left  
27-28           Walk back left, walk back right  
29&30           Step back on left, recover weight on right, step left next to right  
31-32           Step forward on right, pivot ½ turn left (6:00)

## REPEAT

## TAG

**After 2nd wall and after 4th wall**

1-4                Sway right, sway left

**RESTART**

**During 5th wall in 3rd section**

1-4                Sway left, right

5&6               Left sailor step

7-8                Walk  $\frac{3}{4}$  right on right and left

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