

# Debbie's Mambo

拍数: 48      墙数: 1      级数: Intermediate  
编舞者: Gina Spence (USA)  
音乐: Mambo No.5 - Lou Bega



## ELVIS KNEES

- 1-2      Bend right knee over left leg; lower right heel and bend left knee over right leg  
3&4      Lower left heel and bend right knee over left leg; lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg  
5-6      Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg  
7&      Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg  
8&      Lower right heel and bend left knee over right leg; lower left heel and bend right knee over left leg

## SIDE MAMBOS

- 9&10      Rock-step right foot to right side; rock-step left foot to left side; step right beside left  
11&12      Rock-step left foot to left side; rock-step right foot to right side; step left beside right  
13&14      Rock-step right foot to right side; rock-step left foot to left side; step right beside left  
15&16      Rock-step left foot to left side; rock-step right foot to right side; step left beside right

## SCISSORS

- 17-18      Step right foot to right side; step left beside right  
19-20      Cross-step right over left; hold  
21-22      Step left foot left side; step right beside left  
23-24      Cross-step right over left; hold

## ½ VINE, CHA-CHA-CHA

- 25-26      Step right to right side; cross-step left behind right  
27&28      Cha-cha in place stepping right, left, right  
29-30      Step left to left side; cross-step right behind left  
31&32      Cha-cha in place stepping left, right, left

## SLOW PIVOT TURNS

- 33-34      Step right forward; pivot ½ turn left onto left foot  
35-36      Step right forward; pivot ½ turn left onto left foot

## FORWARD AND BACKWARD MAMBOS

- 37&38      Rock-step right foot forward; rock back onto left; step right beside left  
39&40      Rock-step left foot forward; rock back onto right; step left beside right  
41&42      Rock-step right foot back; rock forward onto left; step right beside left  
43&44      Rock-step left foot back; rock forward onto right; step left beside right

## SLOW PIVOT TURNS

- 45-46      Step right forward; pivot ½ turn left onto left foot  
47-48      Step right forward; pivot ½ turn left onto left foot

## REPEAT