

# Mi Media Mitad

拍数: 96      墙数: 1      级数: Improver - mambo  
编舞者: Nena Matela (USA) - March 2012  
音乐: Mi Media Mitad - Rey Ruiz : (CD: Lo Esencial - iTunes)



Alt. Music: Rosalinda by Thalía [CD: Thalía: Greatest Hits / Available on iTunes]

Start dancing on lyrics

## MAMBO FORWARD, MAMBO BACK

1-4            Rock left forward, recover to right, step left back, hold  
5-8            Rock right back, recover to left, step right forward, hold  
  
9-16           Repeat 1-8

## STEP-TURN-STEP-HOLD, MAMBO BACK

1-4            Step left forward, turn 1/2 left and step right together, step left back, hold  
5-8            Rock right back, recover to left, step right forward, hold  
  
9-16           Repeat 1-8

## ANGLED MAMBO BACK (RIGHT, LEFT)

1-4            Turn 1/8 left and rock left back, recover to right, turn 1/8 right and step left together, hold  
5-8            Turn 1/8 right and rock right back, recover to left, turn 1/8 left and step right together, hold  
  
9-16           Repeat 1-8

## MAMBO FORWARD, MAMBO BACK

1-4            Rock left forward, recover to right, step left back, hold  
5-8            Rock right back, recover to left, step right forward, hold  
  
9-16           Repeat 1-8

## MAMBO CROSS OVER, MAMBO CROSS BEHIND

1-4            Cross left over right, step right to side, step left back, kick right forward  
5-8            Cross right behind left, step left to side, step right forward, hold  
  
9-16           Repeat 1-8

## MAMBO LEFT, MAMBO RIGHT

1-4            Rock left to side, recover to right, step left together, hold  
5-8            Rock right to side, recover to left, step right together, hold  
  
9-16           Repeat 1-8

**REPEAT**

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