

# MAMBOJAMBO (Mambo No.5) (曼波舞) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Jo Thompson Szymanski (USA) & Kathy Hunyadi (USA)  
音樂: Bailamos - Enrique Iglesias : (CD: Wild Wild West Soundtrack / CD: Enrique Iglesias)



前奏 : 4 X 8 拍 32拍後起跳

## 第一段 MAMBO BASIC FORWARD & BACK 曼波基本前進與退後

- 1&2      ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP BACK ON LEFT FOOT  
左足前下沉，右足向後回復（重心右足），左足後踏
- 3&4      ROCK BACK ON RIGHT FOOT, RECOVER WEIGHT FORWARD TO LEFT FOOT, STEP FORWARD ON RIGHT FOOT  
右足後下沉，左足向前回復（重心左足），右足前踏
- 5&6      ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP BACK ON LEFT FOOT  
左足前下沉，右足向後回復（重心右足），左足後踏
- 7&8      ROCK BACK ON RIGHT FOOT, RECOVER WEIGHT FORWARD TO LEFT FOOT, STEP FORWARD ON RIGHT FOOT  
右足後下沉，左足向前回復（重心左足），右足前踏

## 第二段 CROSS, STEP, CROSS BALL CHANGE TRAVELING FORWARD 45 DEGREES 交叉踏 交叉交換45度前進

- 1-2      CROSS LEFT FOOT IN FRONT OF RIGHT, STEP RIGHT FOOT FORWARD AT 45 DEGREE ANGLE 左足在右足前交叉踏，右足向前45度踏
- 3&4      CROSS LEFT FOOT IN FRONT OF RIGHT, STEP RIGHT FOOT TO SIDE, STEP LEFT FOOT IN PLACE(BODY WILL BE ANGLED 45 DEGREES TO LEFT)  
左足在右足前交叉踏，右足側踏，左足原地踏(身體向左斜45度)
- 5-6      CROSS RIGHT FOOT IN FRONT OF LEFT, STEP LEFT FOOT FORWARD AT 45 DEGREE ANGLE 右足在左足前交叉踏，左足向前45度踏
- 7&8      CROSS RIGHT FOOT IN FRONT OF LEFT, STEP LEFT FOOT TO SIDE, STEP RIGHT FOOT IN PLACE (BODY WILL NOW BE ANGLED 45 DEGREES TO RIGHT)  
右足在左足前交叉踏，左足側踏，右足原地踏(身體向右斜45度)

## 第三段 CROSSING TRIPLES TRAVELING BACK 交叉 小三步 退後

- 1&2      CROSS LEFT FOOT IN FRONT OF RIGHT, STEP BACK ON RIGHT FOOT, STEP LEFT BESIDE RIGHT (SQUARE OFF TO WALL)  
左足在右足前交叉踏，右足後踏，左足在右足旁踏
- 3&4      TURNING BODY 45 DEGREES LEFT, CROSS RIGHT FOOT IN FRONT OF LEFT. STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT (SQUARING OFF TO WALL)  
(身體向左轉45度角)，右足在左足前交叉踏，左足後踏，右足在左足旁踏
- 5&6      TURNING BODY 45 DEGREES RIGHT, CROSS LEFT IN FRONT OF RIGHT, STEP BACK ON RIGHT, STEP LEFT BESIDE RIGHT (SQUARE OFF TO WALL)  
(身體向右轉45度角)，左足在右足前交叉踏，右足後踏，左足在右足旁踏

- 7&8 TURNING BODY 45 DEGREES LEFT, CROSS RIGHT FOOT IN FRONT OF LEFT, STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT (SQUARE OFF TO WALL)  
( 身體向左轉45度角 ) , 右足在左足前交叉踏 , 左足後踏 , 右足在左足旁踏
- 第四段** **SYNCOPATED CROSS ROCK STEP; SKATE RIGHT, LEFT, RIGHT; SYNCOPATED CROSS ROCK STEP; ¼ LEFT; STEP**  
**變奏交叉下沉 向右滑冰步 左 右 變奏交叉下沉 左轉 踏**
- 1&2 CROSS ROCK LEFT OVER RIGHT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP LEFT TO SIDE  
左足在右足前交叉下沉 , 右足向後回復 ( 重心右足 ) 左足側踏
- 3-5 ANGLING BODY 45 DEGREES WITH EACH TOE STEP AND TURNING TOES OUT, SWIVEL RIGHT FOOT, LEFT FOOT, RIGHT FOOT (AS IF YOU WERE SKATING!)  
身體45度角將足趾踏出同時足趾轉向外 , 旋轉右足、左足、右足 (就如同在滑冰)
- 6&7 CROSS ROCK LEFT OVER RIGHT, RECOVER WEIGHT BACK TO RIGHT FOOT, TURN ¼ TO LEFT STEPPING FORWARD ON LEFT FOOT  
左足在右足前交叉下沉 , 右足向後回復 ( 重心右足 ) , 左足左轉90度前踏
- 8 STEP RIGHT FOOT NEXT TO LEFT  
右足在左足旁踏
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