

# Mambo Express + AB Mambo Express

**COPPER** KNOB  
BY SHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Marie Pietersz (AUS) - June 2019  
音樂: Mambo Italiano - Dean Martin  
或: Mambo No.5 - Lou Bega



Will suit most Latin music. Split floor with Crazy Foot Mambo / Cowboy Mambo

## S1. RIGHT MAMBO, LEFT MAMBO

1-4                      step side on R foot, lift L foot and replace, step R foot back next to L, hold  
5-8                      step side on L foot, lift R foot and replace, step L foot back next to R, hold

## S2. BACK MAMBO, LEFT LOCK FORWARD

9-12                     step back on right foot, lift L foot and replace, step R foot back next to L, hold  
13-16                    step L forward, step R behind L, step L forward, hold.

## S3. RIGHT LOCK FORWARD, FORWARD MAMBO

17-20                    step R forward, step L behind R, step Left forward.  
21-24                    rock forward on L, recover on R, step back on L.

## S4. STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, STEP, TOUCH

1-2                      step back on R, touch L next to R.  
3-4                      step back on L, touch R next to L.  
5-7                      step back on R, Touch L next to R  
7-8                      step on L with a ¼ turn L, touch R next to L.

REPEAT AND ENJOY

OR as AB MAMBO EXPRESS - 16 count dance

## RIGHT AND LEFT MAMBO, BACK MAMBO, LEFT LOCK FORWARD

1&2                      step side on R foot, lift L foot and replace, step R foot back next to L.  
3&4                      step side on L foot, lift R foot and replace, step L foot back next to R.  
5&6                      step back on right foot, lift L foot and replace, step R foot back next to L.  
7&8                      step L forward, step R behind L, step L forward.

## RIGHT LOCK FORWARD, FORWARD MAMBO, STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, TOUCH, STEP

1&2                      step R forward, step L behind R, step Left forward.  
3&4                      rock forward on L, recover on R, step back on L.  
5&                        step back on R, touch L next to R.  
6&                        step back on L, touch R next to L.  
7&                        step back on R, touch L next to R  
8                         step on L with a 1/4 turn L, touch R next to L.

REPEAT AND ENJOY

Many thanks to Wanda Heldt (SilverstarWA@gmail.com) for putting step sheet to paper

Version 1 3/18 www.LiveLifeLearn.com.au

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