

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

Contact: Email: mariepietersz@hotmail.com Tel: 61 412 296 827

