

Mambo # 5

拍數: 32 牆數: 2 級數: Improver
編舞者: Tracy Walters (CAN) - January 2020
音樂: Mambo - Lou Bega



Start on Vocals

Mambo Steps

- 1&2. Step (rock) right foot to the side, step left foot in place, step right foot next to left foot
3&4. Step (rock) left foot forward, step right foot in place, step left foot next to right foot
5&6. Step (rock) right foot back, step left foot in place, step right foot next to left foot
7&8. Step (rock) left foot to the side, step right foot in place, step left foot next to right foot

Rock Step Across with ¼ Turn Right, Rock Step Across, 2 Sailor-Steps

- 9&10. Step (rock) right foot across left foot, step left foot in place, make a ¼ turn right and step right foot forward
11&12. Step (rock) left foot across right foot, step right foot in place, step left foot to the side
13&14. Step right foot behind left foot, step left foot to the side, step right foot to the side
15&16. Step left foot behind right foot, step right foot to the side, step left foot to the side

Kick-Step-Touch x2, Kick-Step-Touch with ¼ Turn Right, Behind Step Across

- 17&18. Kick right foot forward, step right foot next to left foot, tap left toes to the side
19&20. Kick left foot forward, step left foot next to left foot, tap right toes to the side
21&22. Kick right foot forward, make a ¼ turn right and step right foot next to left foot, tap left toes to the side
23&24. Step left foot behind right foot, step right foot to the side, step left foot across right foot

Weave Right and Left

- 25&26&. Step right foot to the side, step left foot behind right foot, step right foot to the side, step left foot across right foot
27&28. Step right foot to the side, step left foot behind right foot, step right foot to the side
29&30&. Step left foot to the side, step right foot behind left foot, step right foot to the side, step right foot across left foot
31&32. Step left foot to the side, step right foot behind left foot, step left foot to the side

Begin Again!

Alternative

For steps 25&26, you can do a full turn right (make a ¼ turn to the right and step right foot forward, make a ¼ turn to the right and step left foot to the side, make a ½ turn to the right and step right foot to the side)

For steps 29&30, you can do a full turn to the left (make a ¼ turn to the left and step left foot forward, make a ¼ turn to the left and step right foot to the side, make a ½ turn to the left and step left foot to the side)