

# NO. 5

拍數: 48                      牆數: 1                      級數: Phrased Beginner  
編舞者: Eun Hee Yoon (KOR) - January 2022  
音樂: Mambo No.5 - Lou Bega



\* Intro : 32 counts - A (16counts), B (16counts), C (16counts)

\* Sequence : AAA BB CC AA(8) BB CCC(12) AA BB C

## Part A (16counts)

### Sec. 1) (Toe Strut, Back Rock, Recover) (R, L) ×2

1&2&                      Touch RF to R side (1), RF heel drop (&), Rock LF back (2), Recover on RF (&)  
3&4&                      Touch LF to L side (3), LF heel drop (&), Rock RF back (4), Recover on LF (&)  
5&6&                      Touch RF to R side (5), RF heel drop (&), Rock LF back (6), Recover on RF (&)  
7&8&                      Touch LF to L side (7), LF heel drop (&), Rock RF back (8), Recover on LF (&)

### Sec. 2) Forward Mambo, Back Mambo, Side Mambo (R, L)

1&2                      Rock RF forward (1), Recover on LF (&), RF next to LF (2)  
3&4                      Rock LF back (3), Recover on RF (&), LF next to RF (4)  
5&6                      Rock RF to R side (5), Recover on LF (&), RF next to LF (6)  
7&8                      Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

## Part B (16counts)

### Sec. 1) R (Side Toe Strut, Cross Toe Strut) ×2, Side Rock, Back Rock, Side Rock, Together

1&2&                      Touch RF to R side (1), RF heel drop (&), Touch LF over RF (2), LF heel drop (&)  
3&4&                      Touch RF to R side (3), RF heel drop (&), Touch LF over RF (4), LF heel drop (&)  
5&6&                      Rock RF to R side (5), Recover on LF (&), Rock RF back (6), Recover on LF (&)  
7&8                      Rock RF to R side (7), Recover on LF (&), RF next to LF (8)

### Sec. 2) L (Side Toe Strut, Cross Toe Strut) ×2, Side Rock, Back Rock, Side Rock, Together

1&2&                      Touch LF to L side (1), LF heel drop (&), Touch RF over LF (2), RF heel drop (&)  
3&4&                      Touch LF to L side (3), LF heel drop (&), Touch RF over LF (4), RF heel drop (&)  
5&6&                      Rock LF to L side (5), Recover on RF (&), Rock LF back (6), Recover on RF (&)  
7&8                      Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

## Part C (16counts)

### Sec.1) (Forward Mambo, Back Mambo) ×2

1&2                      Rock RF forward (1), Recover on LF (&), RF next to LF (2)  
3&4                      Rock LF back (3), Recover on RF (&), LF next to RF (4)  
5&6                      Rock RF forward (5), Recover on LF (&), RF next to LF (6)  
7&8                      Rock LF back (7), Recover on RF (&), LF next to RF (8)

### Sec. 2) Side Mambo (R, L) ×2

1&2                      Rock RF to R side (1), Recover on LF (&), RF next to LF (2)  
3&4                      Rock LF to L side (3), Recover on RF (&), LF next to RF (4)  
5&6                      Rock RF to R side (5), Recover on LF (&), RF next to LF (6)  
7&8                      Rock LF to L side (7), Recover on RF (&), LF next to RF (8)

Email : [yun690982@gmail.com](mailto:yun690982@gmail.com)