A Little Bit Of Mambo

級數: Improver

編舞者: Dianne Evans (UK)

拍數: 64

音樂: Mambo No.5 - Lou Bega

MAMBO STEPS, FORWARD, BACK, LEFT SIDE AND RIGHT SIDE

- 1-4 Rock forward right, step back left, small step right beside left, hold
- 5-8 Rock back left, rock forward right, small step left beside right, hold
- 1-4 Rock right foot to right side, step on left in place, close right to left, hold
- 5-8 Rock left foot to left side, step on right in place, close left to right, hold

RIGHT FORWARD LOCK AND CLAP, LEFT FORWARD LOCK AND 2 CLAPS

- 1-4 Step forward right foot, draw left foot behind right foot, step forward right foot, clap
- 5-6-7&8 Step forward left foot, draw right foot behind left foot, step forward left foot, clap

DIAGONAL STEP FORWARD RIGHT, CLAP, DIAGONAL STEP BACK LEFT, 2 CLAPS

- 1-4 Long step diagonally forward to 1:00 on right foot, drag left foot to meet right for 2-4, clap on 4
- 5-6-7&8 Long step diagonally back to 7:00 on left, drag right foot in to meet left for 2-4 clap, clap (&4)

STEP RIGHT TOGETHER CROSS, HOLD, SHIMMY TO THE LEFT CLOSE

- 1-4 Step right foot to right side, join right foot to left, cross right foot over left, hold
- 5-8 Step left foot to left side bending knees and shimmy, close right to left

STEP LEFT TOGETHER CROSS, HOLD, STEP RIGHT, CROSS BEHIND, ½ TURN LEFT

- 1-4 Step left foot to left side, join right foot to left, cross left foot in front of right, hold
- 5-6 Step right to right side, cross left behind right, keeping knees bent
- 7-8 Unwind ½ turn left

STEP RIGHT TOGETHER CROSS, HOLD, STEP LEFT, CROSS BEHIND, ½ TURN RIGHT

- 1-4 Step right foot to right side, join right foot to left, cross right foot over left, hold
- 5-6 Step left foot to left side, cross right behind left, keeping knees bent
- 7-8 Unwind ½ turn right

STEP BACK LEFT, CROSS, BACK LEFT, BACK RIGHT, CROSS, BACK RIGHT, STEP LEFT, HOLD

- 1-2-3 Step diagonally back left foot, cross right foot in front of left foot, step diagonally back on left foot
- 4-5-6 Step diagonally back on right foot, cross left foot in front of right, step diagonally back on right foot
- 7-8 Step to side on left foot, hold

REPEAT





