

# Mambo #5

拍數: 0                      牆數: 1                      級數: Intermediate/Advanced  
編舞者: Anthony Lee (USA) & Pedro Machado (UK)  
音樂: Mambo No.5 - Lou Bega



Sequence: XXX, YXX, ZXX-ish

## PART X

### HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK

- &1-2                      Hitch left knee, cross left over right, hold
- &3-4                      Hitch right knee, cross right over left, hold
- &5-6                      Hitch left knee, touch left over right, hold
- &7-8                      Hitch left knee, tuck left toe behind right foot, hold

### HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

- &9-10                     Hitch right knee, touch right toe back, hold
- &11-12                    Hitch right knee, cross right over left, hold
- 13-14                     Sweep right from front to back, crossing right behind left (weight on right)
- 15-16                     Unwind full turn, hold (feet together)

### MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN LEFT, FORWARD MAMBO, ¾ TURN TO LEFT

- 17&18                     Rock left to left side, replace weight onto right, step left next to right
- 19&20                     Rock right to right side, replace weigh onto left making ¼ turn left, step right foot forward
- 21&22                     Rock forward onto left, replace weight onto right, step left next to right
- 23&                        Step back on right making ¼ turn left, step to side with left making ¼ turn left
- 24                         Step forward on right making ¼ turn left (end with weight on right)

### CROSS SIDE BACK, BACK ¼ TURN, FORWARD, CROSS, SIDE, BACK, BACK ¼ TURN FORWARD

- 25&26                     Cross left over right, step to side on right, step back on left
- 27&28                     Step back on right, step on left making ¼ left, step forward on right
- 29&30                     Cross left over right, step to right side on right, step back on left
- 31&32                     Step back on right, step forward on left making ¼ turn left, step forward on right

### STEP FORWARD ½ PIVOT RIGHT, ½ PIVOT, TOUCH & TOUCH & PUSH

- 33-34                     Step forward on left, pivot ½ turn right (weight on right)
- 35-36                     Make another ½ turn on ball of right (transferring weight to left), hold
- 37&38                     Touch right toe slightly forward of left, step right next to left, touch left toe slightly forward of right
- &39-40                    Step left next to right, press ball of right foot slightly forward of left, hold

### STEP, HOLD, LOCK, HOLD, ANKLE BREAKERS MAKING ½ TURN RIGHT

- 41-42                     Step left slightly forward of right, hold
- 43-44                     Cross right behind left (weight on right), hold
- 45                         With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
- 46                         With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn
- 47                         With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
- 48                         With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn (ending weight on right)

Variation: counts 5-8, unwind slowly on balls of both feet ending with weight on right foot

## PART Y

The first 16 counts of Part Y are the same as the first 16 counts of Part X

## **HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK**

- &1-2 Hitch left knee, cross left over right, hold
- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

## **HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND**

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

## **MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD**

- 17&18 Rock left to left side, replace weight onto right, step left next to right
- 19&20 Rock right to right side, replace weight onto left, cross right over left
- 21-22 Unwind ½ turn left (place hands on hips looking over left shoulder), hold
- 23 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot (open arms out, palms facing front with arms at waist height)
- 24 Hold

## **ROLLING VINE LEFT, CROSS, ANKLE BREAKERS, SIDE STEP LEFT**

- 25-26 Make ¼ turn to left step forward on left, make ¼ turn left step to the side on right
- 27&28 Make ½ turn to left stepping to side on left, cross right foot over left, hold
- 29 With weight on balls of feet, rock to the right on sides of both feet
- 30 With weight on balls of feet, rock to the left on sides of both feet
- 31 With weight on balls of feet, rock to the right on sides of both feet
- & Rock weight on ball of right foot
- 32 Step left to left

## **ARMS MOVEMENTS**

- 33& With arms out to sides, move right up and left down, move right down and left up
- 34& Move right arm up and left down, move right down and left up
- 35& Move right arm up and left down, move right down and left up
- 36 Bring arms down and step left next to right

**Variation: During the four counts of arm movements, doing anything you like (e.g. Roll arms in front of chest while moving your body side to side)**

## **MAMBO LEFT, MAMBO RIGHT, MAMBO BACK, HITCH STEP SLIDE**

- 37&38 Rock left to left side, replace weight onto right, step left next to right
- 39&40 Rock right to right side, replace weight onto left, step right foot forward
- 41&42 Rock back left, replace weight onto right, step forward left
- &43-44 Hitch right, large step to right on right, slide left and touch next to right
  
- 45 Step left to left (pretend you're clapping above your head, but miss and grab your elbows)
- 46 Hold
- 47 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot
- 48 Start shaking from your feet working upwards (continue the shaking motion up to count 7)
- 49-50 Slap backside with both hands, slap backside with both hands
- 51-52 Pivoting on ball of right foot, make ½ turn right stepping to left side on left foot, hold

## **PART Z**

**The first 8 counts of Part Z are the same as the first 8 counts of Part X**

## **HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK**

- &1-2 Hitch left knee, cross left over right, hold

- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

**HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND**

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

**SIDE STEP, HOLD, STEP TOGETHER, HOLD**

- 17-18 Step left to left (place hands on hips), hold
- 19 Step left next to right (open arms out, palms facing front with arms at waist height)
- 20 Hold

**PART ISH!**

**The first 16 counts of Part ISH are the same as the first 16 counts of Part X  
HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK**

- &1-2 Hitch left knee, cross left over right, hold
- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

**HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND**

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

**MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD**

- 17&18 Rock left to left side, replace weight onto right, step left next to right
  - 19&20 Rock right to right side, replace weigh onto left, cross right over left
  - 21-22 Unwind ½ turn left (place hands on hips looking over left shoulder), hold
  - 23 Pivoting on ball of left foot, make ½ turn left stepping to right side on right foot (open arms out, palms facing front with arms reaching upwards)
  - 24 Hold
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