

# Mambo No 5

拍數: 48      牆數: 0      級數:  
編舞者: Danny Richards (AUS)  
音樂: Mambo No.5 - Lou Bega



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## LEFT VINE, RIGHT VINE (CROSSED IN FRONT)

1-4      Step left to left side, step right over left, step left to left side, point right out to right side  
5-8      Step right to right side, step left over right, step right to right side, point left out to left side

## FORWARD SHUFFLES MAMBO STYLE, STEP LEFT SIDE & SNAP, STEP RIGHT SIDE & SNAP

1-4      Shuffle forward with hip movements (left-right-left), (right-left-right)  
5-8      Step left to left, tap right next to left & snap, step right to right, tap left next to right & snap

## WALKS BACK & CLAP ONCE, WALKS BACK & CLAP TWICE

1-4      Walk backwards left-right-left - hold & clap once  
5-8      Walk backwards right-left-right - hold & clap twice

## SPRING BALL CHANGES, KICK RIGHT FOOT FORWARD & BACK

1&2      Spring left onto left foot, ball change (right-left)  
3&4      Spring right onto right foot, ball change (left-right)  
5&6      Spring left onto left foot, ball change (right-left)  
7-8      Kick right foot forward, bending right knee swing right foot back

## HIPS TO RIGHT, HIPS TO LEFT, STEP ¼ TURN, STEP ¼ TURN

1-4      Stepping on right at right 45 - push hips twice to right, push hips twice to left  
5-8      Step forward on right, ¼ turn left, step forward on right, ¼ turn left (use hips on turns)

## 3 KICK BALL CHANGES WITH ¼ TURNS LEFT, STOMP FORWARD RIGHT FOOT, HOLD

1&2      Kick right foot forward, turn ¼ left on ball change (right-left)  
3&4      Kick right foot forward, turn ¼ left on ball change (right-left)  
5&6      Kick right foot forward, turn ¼ left on ball change (right-left)  
7-8      Stomp right foot a bit forward (keep weight on right), hold for 1 beat

**REPEAT**

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