

Mambo No. 5...4...2

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數:
編舞者: Nikki Roman-Wyllie (USA)
音樂: Mambo No.5 - Lou Bega



Position: Right Side By Side, facing LOD

LEFT FORWARD DIAGONAL - STEP, LOCK, STEP, HOLD

1-4 Step left foot forward, lock step right foot behind left, step left foot forward, hold (weight on left)

RIGHT FORWARD DIAGONAL - STEP, LOCK, STEP, HOLD, REPEAT

5-8 Step right foot forward, lock step left foot behind right, step right foot forward, hold (weight on right)

9-16 Repeat steps 1-8

MAMBO LEFT, HOLD, MAMBO RIGHT, HOLD

17-20 Side rock left, recover right, step left next to right, hold (weight on left)

21-24 Side rock right, recover left, step right next to left, hold (weight on right)

MAMBO FORWARD, HOLD, MAMBO BACKWARD, HOLD

25-28 Rock forward on left, recover right, step left next to right, hold (weight on left)

29-32 Rock back on right, recover left, step right next to left, hold (weight on right)

TWO PIVOTS TO THE RIGHT - STEP, HOLD, PIVOT, HOLD

33-36 Step forward on left, hold releasing left hands, pivot $\frac{1}{2}$ to right (RLOD), hold

37-40 Step forward on left, hold, pivot $\frac{1}{2}$ to right (LOD), hold rejoin left hands

CROSS ROCK, RECOVER, STEP, HOLD

41-44 Cross left foot over right, recover right, step left next to right, hold (weight on left)

45-48 Cross right foot over left, recover left, step right next to left, hold (weight on right)

REPEAT
