

Mambo No. 5 Shimmy!

COPPER KNOB
STEPSHEETS

拍數: 24 牆數: 4 級數: Beginner
編舞者: Dottie Wicks (USA)
音樂: Mambo No.5 - Lou Bega



SIDE SLIDES AND TAPS

- 1-2 Small step to right on right, slide and step left next to right
- 3-4 Small step to right on right, tap left toe next to right instep
- 5-6 Small step to left on left, slide and step right next to left
- 7-8 Small step to left on left, tap right toe next to left instep

FORWARD WALK WITH A KICK - BACK WALK WITH A TAP

- 1-3 Walk forward, right, left, right
- 4 Keeping weight on right foot, kick left foot forward
- 5-7 Walk backwards left, right, left
- 8 Keeping weight on your left foot, tap right toes next to left heel

THREE QUARTER TURN TO RIGHT DOING HEEL RAISES & DROPS

- &1 Raise both heels(weight on balls of feet) making $\frac{1}{4}$ to right and lower heels
- &2 Raise both heels(weight on balls of feet) making $\frac{1}{4}$ to right and lower heels
- &3 Raise both heels (weight on balls of feet) making $\frac{1}{4}$ to right and lower heels
- &4 Remaining in place raise and lower heels of both feet

BENT KNEE SHIMMIES

- &5 Bending both knees, shimmy shoulders
- &6 Continuing to shimmy - straighten knees
- &7 Bending both knees, shimmy shoulders
- &8 Continuing to shimmy - straighten knees

REPEAT
