

Mambo No. 5

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Cathy McDaniel (USA)
音樂: Mambo No.5 - Lou Bega



SIDE MAMBO STEPS, MAMBO STEP ½ TURN RIGHT, FORWARD SHUFFLE

1&2 Step right to right side, shift weight to left, step right next to left
3&4 Step left to left side, shift weight to right, step left next to right
5&6 Step right forward, step left in place, turn ½ to right, stepping right
7&8 Step left foot forward, step right next to left, step left foot forward

HEEL SWITCHES, SIDE MAMBO STEPS, MAMBO STEP ¼ TURN RIGHT

1& Touch right heel forward, step right beside left
2& Touch left heel forward, step left beside right
3&4 Step right to right, rock left onto left, cross right over left
5&6 Step left to left, rock right onto right, cross left over right
7&8 Step right to right, rock left onto left ¼ turn right, step right beside left

CROSSOVER MAMBO STEPS, CROSSOVER ROCK STEP, ½ TURNING TRIPLE STEP

1&2 Cross left foot over right, rock back onto right foot, step left beside right
3&4 Cross right foot over left, rock left foot in place, step right beside left
5-6 Cross left foot over right, rock back onto right
7&8 Triple step left, right, left while turning a ½ left

DIAGONAL STEP BACK, TOGETHER, HIP BUMPS

1-2 Step long diagonal step back to right, touch left beside right
3&4 Bump hips right, left, right
5-6 Step long diagonal step back to left, touch right beside left
7&8 Bump hips left, right, left

FORWARD MAMBO STEPS, MAMBO ½ TURN RIGHT, FORWARD SHUFFLE

1&2 Step right foot forward, rock left foot in place, step right foot beside left
3&4 Step left foot back, rock right foot in place, step left foot beside right
5&6 Step right foot forward, rock right foot in place, step right foot beside left while turn ½ turn to right
7&8 Forward shuffle, left, right, left

DIAGONAL STEP BACK, TOGETHER, HIP BUMPS

1-2 Step long diagonal step back to right, touch left beside right
3&4 Bump hips right, left, right
5-6 Step long diagonal step back to left, touch right beside left
7&8 Bump hips left, right, left

REPEAT
