

Mambo Number Five

拍數: 48 牆數: 2 級數: Improver
編舞者: BM Leong (MY)
音樂: Mambo No.5 - Lou Bega



LEFT DIAGONAL STEP, HOLD, LOCK, HOLD, FORWARD LOCK STEPS, HOLD

1-2 Step left foot forward to left diagonal, hold
3-4 Lock right foot behind left, hold
5-6 Step left foot forward to left diagonal, lock right behind left
7-8 Step left foot forward to left diagonal, hold

RIGHT DIAGONAL STEP, HOLD, LOCK, HOLD, FORWARD LOCK STEPS, HOLD

1-2 Step right foot forward to right diagonal, hold
3-4 Lock right foot behind left, hold
5-6 Step right foot forward to right diagonal, lock left behind right
7-8 Step right foot forward to right diagonal, hold

LEFT MAMBO, HOLD, RIGHT MAMBO, HOLD

1-2 Rock left foot to left side, recover onto right
3-4 Step left foot beside right, hold
5-6 Rock right foot to right side, recover onto left
7-8 Step right foot beside left, hold

FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

1-2 Rock left foot forward, recover onto right
3-4 Step left foot beside right, hold
5-6 Rock right foot back, recover onto left
7-8 Step right foot beside left, hold

WALKS LEFT/RIGHT/LEFT TURNING ½ RIGHT, RIGHT VINE, HOLD

1-3 Walk in a semi circle turning ½ left on left-right-left
4 Hold
5-6 Step right foot to right side, cross left foot behind right
7-8 Step right foot to right side, hold

CROSS MAMBO, HOLD TWICE

1-2 Cross left foot over right, recover onto right
3-4 Step left foot to left side, hold
5-6 Cross right foot over left, recover onto left
7-8 Step right foot to right side, hold

REPEAT

RESTART

Restart during wall 5 (12:00) after 1-32 counts

TAG

At the end of wall 9 (12:00)

1-4 Left mambo, hold
5-8 Right mambo, hold