

# Mariana Mambo

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK)  
音樂: Mariana Mambo - Chayanne



## SIDE STEP, HOLD, CROSS STEP, HOLD, WEAVE RIGHT

1-2-3-4      Step right to right side, hold, cross step left over right, hold  
5-6      Step right to right side, cross step left behind right  
7-8      Step right to right side, cross step left over right

## SIDE STEP, HOLD, BACK ROCK, LEFT TOE STRUT, CROSS TOE STRUT

1-2      Step right to right side, hold  
3-4      Cross rock left behind right, recover forward on to right  
5-6-7-8      Toe strut left to left side, cross toe strut right over left

## COASTER STEP ¼ TURN RIGHT, HOLD, MAMBO FORWARD, HOLD

1-2-3-4      Turn ¼ right stepping back on left, step right next to left, step forward on left, hold  
5-6-7-8      Rock forward on right, rock back on left, step back on right, hold

## TRIPLE FULL TURN LEFT, HOLD, RIGHT SIDE ROCK & CROSS, HOLD

1-2-3-4      Triple full turn left on the spot on left, right, left, hold  
**Or triple step on the spot with out the turn**  
5-6-7-8      Side rock on right to right side, recover on to left, cross step right over left, hold

## STOMP OUT, IN, IN ON LEFT, HOLD, SWIVEL TOE, HEEL, HEEL, TOE ON RIGHT

1-2-3-4      Stomp left out to left side, stomp on left bringing it in closer to right, stomp on left next to right, hold

**It is best to do the above stomps with both knees slightly relaxed**

5-6-7-8      Swivel right toe out to right, swivel right heel out to right, swivel right heel in, swivel right toe in

## LEFT SIDE ROCK & CROSS, HOLD, 2 X ¼ TURNS LEFT WITH HOLDS

1-2-3-4      Side rock left out to left side, recover on to right, cross step left over right, hold  
5-6-7-8      Turn ¼ left stepping back on right, hold, turn ¼ left stepping left to left side, hold

## CROSS ROCK WITH ¼ TURN RIGHT, 2 X ¼ TURNS RIGHT WITH HOLDS

1-2-3-4      Cross rock right over left, recover on to left, turn ¼ right stepping forward on right, hold  
5-6-7-8      Turn ¼ right stepping left to left side, hold, turn, ¼ right stepping back on right, hold

## LEFT COASTER STEP WITH ¼ TURN LEFT, HOLD, 2 X PADDLE TURNS LEFT COMPLETING FULL TURN LEFT

1-2-3-4      Turn ¼ left stepping back on left, step right next to left, step forward on left, hold  
5-6-7-8      Turn ½ left as you paddle round with ball of right, repeat

**Completing full turn left, weight remaining on left**

**REPEAT**