

# Understanding Mambo

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Susanne Mose Nielsen (DK)  
音樂: Peace Understanding and Love - Tamra Rosanes



## THE INTRO

8 counts intro in the music. Then dance "the intro" once, and start the dance

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

1&2      Step forward on right, recover weight on left, step right next to left  
3&4      Step back on left, recover weight on right, step left next to right  
5&6      Step right to right, recover weight to left, cross right over left  
7-8      Step left to left, touch right next to left

### RIGHT CHASSE - BACK ROCK - LEFT CHASSE, BACK ROCK, SWAY RIGHT, LEFT

9&10      Step right to right side, step left next to right, step right to right side  
11-12      Step back on left, recover weight on right  
13&14      Step left to left side, step right next to left, step left to left side  
15-16      Step back on right, recover weight on left  
17-18      Step right to right and sway right hip to the right, recover weight on left and sway left hip to left

## THE DANCE

### RIGHT MAMBO FORWARD - LEFT MAMBO BACK - SIDE ROCK CROSS - SIDE, TOUCH

1&2      Step forward on right, recover weight on left, step right next to left  
3&4      Step back on left, recover weight on right, step left next to right  
5&6      Step right to right, recover weight to left, cross right over left  
7-8      Step left to left, touch right next to left

### ¼ RIGHT SHUFFLE - FULL TURN RIGHT - LEFT MAMBO FORWARD - RIGHT MAMBO BACK

9&10      Step right into ¼ turn right, step left next to right, step right forward (3:00)  
11-12      (Moving forward) turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right  
13&14      Step forward on left, recover weight on right, step left next to right  
15&16      Step back on right, recover weight on left, step right next to left

### SWAY LEFT, RIGHT- LEFT SAILOR STEP - UNWIND ¾ RIGHT - LEFT SHUFFLE FORWARD

17-18      Step left to left and sway left hip to the left, recover weight onto right and sway right hip to the right  
19&20      Step left behind right, step right to the right, step left slightly diagonal left forward  
21-22      Touch right behind left, on ball of feet unwind ¾ ends up with weight on right (12:00)

### Restart from here during 4th wall

23&24      Step left forward, step right next to left, step forward on left

### RIGHT MAMBO FORWARD - WALK BACK LEFT, RIGHT - LEFT MAMBO BACK - LEFT PIVOT TURN

25&26      Step forward on right, recover weight on left, step right next to left  
27-28      Walk back left, walk back right  
29&30      Step back on left, recover weight on right, step left next to right  
31-32      Step forward on right, pivot ½ turn left (6:00)

## REPEAT

## TAG

**After 2nd wall and after 4th wall**

1-4                Sway right, sway left

**RESTART**

**During 5th wall in 3rd section**

1-4                Sway left, right

5&6               Left sailor step

7-8                Walk  $\frac{3}{4}$  right on right and left

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