

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
