

Audrey's Mambo #5

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 1 級數: Intermediate
編舞者: Audrey Higgins (USA)
音樂: Mambo No.5 - Lou Bega



KICK, KICK, TOUCH, TOUCH, STEP, KICK, KICK, TOUCH, TOUCH, STEP

- 1& Kick right foot forward, kick right foot forward
- 2 Touch right foot to side
- 3 Touch right foot forward
- 4 Step right foot beside left foot
- 5& Kick left foot forward, kick left foot forward
- 6 Touch left foot to side
- 7 Touch left foot forward
- 8 Step left foot beside right foot

MAMBO FORWARD, MAMBO FORWARD, TOE STRUTS FORWARD

- 1& Rock forward on right foot, recover weight on left foot
- 2 Step right foot beside left foot
- 3& Rock forward on left foot, recover weight on right foot
- 4 Step left foot beside right foot
- 5& Step right toe forward, drop right heel to floor
- 6& Step left toe forward, drop left heel to floor
- 7& Step right toe forward, drop right heel to floor
- 8& Step left toe forward, drop left heel to floor

MONTEREY TURN, MAMBO FORWARD, MAMBO FORWARD

- 1 Touch right toe to right side
- 2 Pivot ½ turn to right stepping right foot beside left foot
- 3 Touch left toe to left side
- 4 Step left foot beside right foot
- 5& Rock forward on right foot, recover weight on left foot
- 6 Step right foot beside left foot
- 7& Rock forward on left foot, recover weight on right foot
- 8 Step left foot beside right foot

TOE STRUTS FORWARD, MONTEREY TURN

- 1& Step right toe forward, drop right foot to floor
- 2& Step left toe forward, drop left heel to floor
- 3& Step right toe forward, drop right heel to floor
- 4& Step left toe forward, drop left heel to floor
- 5 Touch right toe to right side
- 6 Pivot ½ turn to right stepping right foot beside left foot
- 7 Touch left toe to left side
- 8 Step left foot beside right foot

STEP-SLIDE, STEP-SLIDE, MAMBO FORWARD, MAMBO FORWARD

- 1 Step right foot to right side (long step)
- 2& Slide left foot up beside right foot, touch left toe beside right foot
- 3 Step left foot to left side (long step)
- 4& Slide right foot up beside left foot, touch right toe beside left foot
- 5& Rock forward on right foot, recover weight on left foot

- 6 Step right foot beside left foot
- 7& Rock forward on left foot, recover weight on right foot
- 8 Step left foot beside right foot

REPEAT

Arm rolls in front of the chest may be used during the step-slide sequence. Cuban hip motion should be used throughout the dance on the Mambo steps.
