

# Mambo No 5

拍數: 48                      牆數: 4                      級數:  
編舞者: The Mambo Maniacs - March 2003  
音樂: Mambo No.5 - Lou Bega



**Note:** This song has a 32 count intro. Start 16 counts after "Ladies & Gentleman, this is Mambo No. 5".  
The dance will start before he starts singing the lyrics of the song. This dance was inspired by some of the song's lyrics

## JAZZ JUMPS FORWARD & BACK (WITH OPTIONAL CLAPS), HITCH TURN ¼ LEFT

- &1-2                      Step right foot forward, step left foot beside right, hold (optional clap)
- &3-4                      Step right foot back, step left foot beside right, hold (optional clap)
- &5-6                      Hitch right knee up and turn ¼ left on ball of left foot, touch right toes to right side, hold
- &7-8                      Hitch right knee up and turn ½ left on ball of left foot, touch right toes to right side, hold

## PUNCH HIGH (RIGHT THEN LEFT), PUNCH LOW (RIGHT THEN LEFT)

Hand placement: *make a fist with right hand, cup left hand over right*

- 1                          Punch hands high towards 2:00 & push hips left as you slide right foot beside left
- 2                          Bring hands back to chest level & hips to center
- 3                          Punch hands high towards 10:00 & push hips to right
- 4                          Bring hands back to chest level & hips to center
- 5                          Punch hands low towards 4:00 & push hips to left
- 6                          Bring hands back to chest level & hips to center
- 7                          Punch hands low 8:00 & push hips to right
- 8                          Bring hands back to chest level & push hips to center (end with weight on right foot)

## MAMBO LEFT, HOLD, MAMBO RIGHT, HOLD

- 1-4                      Step left foot to left side, step right foot in place, step left foot beside right, hold
- 5-8                      Step right foot to right side, step left foot in place, step right foot beside left, hold

## MAMBO FRONT, HOLD, ½ RIGHT MONTEREY TOUCH, HOLD

- 1-4                      Step left foot forward, step right foot in place, step left foot beside right, hold
- 5-6                      Touch right toes to right side, pivot ½ right on left foot bringing right foot beside left
- 7-8                      Touch left toes to left side, hold

## FORWARD STEP, LOCK STEP, HOLD & CLAP, STEP, CLAP TWICE, HOLD

- 1-4                      Step left foot forward, lock step right foot behind left, step left foot forward, hold & clap
- 5-8                      Step right foot forward turning shoulders 45 degrees left, clap, clap hold (weight remains on right foot)

## MAMBO WITH ½ TURN RIGHT, WALK, HOLD, WALK, HOLD

- 1-2                      Step left foot forward, step right foot in place
- 3-4                      Pivot ½ turn left on right foot and step left foot forward, hold
- 5-8                      Step right foot forward, hold, step left foot forward, hold

**START AGAIN!**

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