

Mambo No 5

拍數: 48 牆數: 4 級數: Improver
編舞者: Peter Metelnick (UK), Tammy Wyatt (CAN), Susanne Schalewa (DE) & Gert Wollschlager (DE)
音樂: Mambo No.5 - Lou Bega : (CD: A Little Bit Of Mambo)



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

REPEAT