

# Friday Mambo

拍數: 48                      牆數: 4                      級數: Improver  
編舞者: Sadiah Heggernes (NOR/UK) - September 2008  
音樂: Mambo Con Dance Hall - Brooklyn Funk Essentials



## Or Music:

Mambo No. 5 by Lou Bega [96 bpm / A Little Bit Of Mambo]

Papa Loves Mambo by Perry Como [84 bpm / Papa Loves Mambo] Start dancing on lyrics

### Mambo Rocks (Using Hips), ¼ Turn, Lock Step, Hold

1-2                      Rock right forward, rock back onto left  
3-4                      Rock right back, rock right forward  
5-6                      ¼ turn right stepping right forward, lock left behind right  
7-8                      Step right forward, hold [3:00]

### Mambo Rocks (Using Hips) ¼ Turn, Lock Step, Hold

1-2                      Rock left forward, rock back onto right  
3-4                      Rock left back, rock right forward  
5-6                      ¼ turn left stepping left forward, lock right behind left  
7-8                      Step right forward, hold [12:00]

### Extended Weave, Paddle ½ Turn

1-2                      Step right to side, cross left behind right  
3-4                      Step right to side, cross left over right  
5-6                      Step right forward, ¼ turn left [9:00]  
7-8                      Step right forward ¼ turn left [6:00]

### Extended Weave, Touch, ¼ Turn, Flick, Step, Hold

1-2                      Step right to side, cross left behind right  
3-4                      Step right to side, cross left over right  
5-6                      Touch right to right side, ¼ turn left on ball of left, flicking right out  
7-8                      Step right forward, hold [3:00]

### Mambo Step Twice, Hold

1-2                      Rock left forward, rock back onto right  
3-4                      Step left back, hold  
5-6                      Rock right back, rock back onto left  
7-8                      Step right forward, hold [3:00]

### Step, Pivot, Step, Side Mambo, Touch

1-2                      Step left forward, ½ turn right  
3-4                      Step left forward, hold  
5-6                      Rock right to right side, rock back onto left  
7-8                      Touch right beside left, hold [9:00]

Repeat

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