

Little Bit of Mambo

拍數: 112 牆數: 4 級數: Beginner
編舞者: Totoy Pinoy (USA) - February 2008
音樂: Mambo No.5 - Lou Bega



Alt. Track: In A Little Spanish Town by Geraldo Rios
With the Bega track, start dance on vocals at the word "one".
With the Rios track, start dance 64 counts in from first beat.

ANGLED SIDE-CLOSE-SIDE(4X) TRAVELING FORWARD

[1] 2-3-4 Hold & angle body to right, step left to side, step right together, step left to side
[5] 6-7-8 Hold & angle body to left, step right to side, step left together, step right to side

9-16 Repeat 1-8

ANGLED SIDE-CLOSE-SIDE (4X) TRAVELING BACK

[1] 2-3-4 Hold & angle body to left, step left to side, step right together, step left to side
[5] 6-7-8 Hold & angle body to right, step right to side, step left together, step right to side

9-16 Repeat 1-8

CROSS/ROCK-RECOVER-SIDE (4X)

[1] 2-3-4 Hold & square up front, cross/rock left behind right, recover to right, step left to side
[5] 6-7-8 Hold, cross/rock right behind left, recover to left, step right to side

9-16 Repeat 1-8

HALF-TURN WALK AROUND (2X)

[1] 2-3-4 Hold, step left to side turning 1/4 left, hold, step right forward,
[5] 6-7-8 Hold, turn 1/4 left stepping left,right,left
[1] 2-3-4 Hold, step right forward, hold, step left to side turning 1/4 left
[5] 6-7-8 Hold, turn 1/4 left stepping right,left,right

CROSS/ROCK-SIDE, CROSS ROCK-TURN, CROSS/ROCK-SIDE (2X)

[1] 2-3-4 Hold, cross/rock left behind right, recover to right, step left to side
[5] 6-7-8 Hold, cross/rock right behind left, recover to left, turn 1/4 left & step right to side
[1] 2-3-4 Hold, cross/rock left behind right, recover to right, step left to side
[5] 6-7-8 Hold, cross/rock right behind left, recover to left, step right to side

FORWARD MAMBO-BACK MAMBO (2X)

[1] 2-3-4 Hold, rock left forward, recover to right, step left back
[5] 6-7-8 Hold, rock right back, recover to left, step right forward

9-16 Repeat 1-8

LEFT CUCARACHA-RIGHT CUCARACHA (2X)

[1] 2-3-4 Hold, rock left to side, recover to right, step left together
[5] 6-7-8 Hold, rock right to side, recover to left, step right together

9-16 Repeat 1-8

REPEAT

ENDING

With the Rios track, at the end of Wall 3, repeat Section 5 till end of music.
