

Mambo No. Five

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Improver
編舞者: Totoy Pinoy (USA) - January 2012
音樂: Mambo No.5 - Lou Bega : (CD: A Little Bit Of Mambo - iTunes)



Alt. music: Mambo No. 5 A Christmas Medley by Antonio Enriquez Singers [CD: The Original Mambo No. 5 Christmas Medley] Available on iTunes

Intro: Start dancing on lyrics

STEP-LOCK STEPS TO LEFT DIAGONAL

1-2 Step left diagonally forward, lock right behind left
3-6 Repeat 1-2, twice
7-8 Step left diagonally forward, touch right behind left

BACK ZIGZAG STEP-TOUCH STEPS

1-2 Step right diagonally back, touch left together
3-4 Step left diagonally back, touch right together
5-8 Repeat 1-4

SLIDE-SHIMMY-DRAG-HOLD (2X TO RIGHT, 2X TO LEFT)

1-2 Big step right to side, hold (shimmy)
3-4 Drag left together, hold
5-8 Repeat 1-4
9-10 Big step left to side, hold (shimmy)
11-12 Drag right together, hold
13-16 Repeat 9-12

KICK-STEP-TURN-STEP, KICK-STEP-KICK-STEP

1-2 Kick right forward, step right together
3-4 Turn 1/4 left on left slightly left, step right together
5-6 Kick left forward, step left together
7-8 Kick right forward, step right together

HEEL TWISTS TO LEFT, KICK-TOUCH-KICK-STEP

1-4 Swivel heels left-center-left-center
5-6 Kick right forward, touch right together
7-8 Kick right forward, step right together

HEEL TWISTS TO RIGHT, KICK-TOUCH-KICK-TOUCH

1-4 Swivel heels right-center-right-center
5-6 Kick left forward, touch left together
7-8 Kick left forward, touch left together

REPEAT