|  |  |
| --- | --- |
| Mambo Express + AB Mambo Express |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Marie Pietersz (AUS) - June 2019 | | | | |
| **Music:** | Mambo Italiano - Dean Martin | | | | |
| or: | Mambo No.5 - Lou Bega | | | | |
| . | | | | | | |

**Will suit most Latin music. Split floor with Crazy Foot Mambo / Cowboy Mambo**

**S1. RIGHT MAMBO, LEFT MAMBO**

|  |  |
| --- | --- |
| 1-4 | step side on R foot, lift L foot and replace, step R foot back next to L, hold |

|  |  |
| --- | --- |
| 5-8 | step side on L foot, lift R foot and replace, step L foot back next to R, hold |

**S2. BACK MAMBO, LEFT LOCK FORWARD**

|  |  |
| --- | --- |
| 9-12 | step back on right foot, lift L foot and replace, step R foot back next to L, hold |

|  |  |
| --- | --- |
| 13-16 | step L forward, step R behind L, step L forward, hold. |

**S3. RIGHT LOCK FORWARD, FORWARD MAMBO**

|  |  |
| --- | --- |
| 17-20 | step R forward, step L behind R, step Left forward. |

|  |  |
| --- | --- |
| 21-24 | rock forward on L, recover on R, step back on L. |

**S4. STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, STEP, TOUCH**

|  |  |
| --- | --- |
| 1-2 | step back on R, touch L next to R. |

|  |  |
| --- | --- |
| 3-4 | step back on L, touch R next to L. |

|  |  |
| --- | --- |
| 5-7 | step back on R, Touch L next to R |

|  |  |
| --- | --- |
| 7-8 | step on L with a ¼ turn L, touch R next to L. |

**REPEAT AND ENJOY**

**OR as AB MAMBO EXPRESS - 16 count dance**

**RIGHT AND LEFT MAMBO, BACK MAMBO, LEFT LOCK FORWARD**

|  |  |
| --- | --- |
| 1&2 | step side on R foot, lift L foot and replace, step R foot back next to L. |

|  |  |
| --- | --- |
| 3&4 | step side on L foot, lift R foot and replace, step L foot back next to R. |

|  |  |
| --- | --- |
| 5&6 | step back on right foot, lift L foot and replace, step R foot back next to L. |

|  |  |
| --- | --- |
| 7&8 | step L forward, step R behind L, step L forward. |

**RIGHT LOCK FORWARD, FORWARD MAMBO, STEP BACK with TOUCHES R.L.R. with 1/4 TURN LEFT, TOUCH, STEP**

|  |  |
| --- | --- |
| 1&2 | step R forward, step L behind R, step Left forward. |

|  |  |
| --- | --- |
| 3&4 | rock forward on L, recover on R, step back on L. |

|  |  |
| --- | --- |
| 5& | step back on R, touch L next to R. |

|  |  |
| --- | --- |
| 6& | step back on L, touch R next to L. |

|  |  |
| --- | --- |
| 7& | step back on R, touch L next to R |

|  |  |
| --- | --- |
| 8 | step on L with a 1/4 turn L, touch R next to L. |

**REPEAT AND ENJOY**

**Many thanks to Wanda Heldt (SilverstarWA@gmail.com) for putting step sheet to paper**

**Version 1 3/18 www.LiveLifeLearn.com.au**

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