|  |  |
| --- | --- |
| C-Legs |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Carina Clarke (UK), Lizzie Clarke (SCO), Ed Lawton (UK), George Thompson (UK) & Suzanne Sperdal | | | | |
| **Music:** | La Bomba - King Africa | | | | |
| . | | | | | | |

**MAMBO X3 STEP LOCK STEP**

|  |  |
| --- | --- |
| 1&2 | Step left to left, rock on to right, step left next to right |

|  |  |
| --- | --- |
| 3&4 | Step right to right, rock on to left, step right next to left |

|  |  |
| --- | --- |
| 5&6 | Step forward on left, rock back on right, step left next to right |

|  |  |
| --- | --- |
| 7&8 | Step back on right, lock left across right, step back on right |

**MAMBO ¼ TURN ½ TURN, CROSS SHUFFLE, KICK OUT OUT**

|  |  |
| --- | --- |
| 1&2 | Step back on left, rock forward on right, step forward on left |

|  |  |
| --- | --- |
| 3&4 | Step forward on right, making a ¼ turn left, step left behind right making a ½ turn left |

|  |  |
| --- | --- |
| 5&6 | Step right across left, step left to left, step right across left |

|  |  |
| --- | --- |
| 7&8 | Kick left forward, step left to left, step right to right |

**HIP BUMPS, JUMPS, CLAP TWICE**

|  |  |
| --- | --- |
| 1-2 | Bump hips left, right |

|  |  |
| --- | --- |
| 3&4 | Bump hips left, right, left. (or push hips forward, back, forward, back. 1-4) |

|  |  |
| --- | --- |
| &5&6 | Jump forward right, left, clap |

|  |  |
| --- | --- |
| &7&8 | Jump forward right, left, clap. (or 4 jumps forward with legs apart, right, left, right, left, right, left, right, left, shimmying shoulders) |

**WEAVE, FLICK, WEAVE, STOMP, STOMP**

|  |  |
| --- | --- |
| &1&2 | Step left across right, step right to right, step left behind right |

|  |  |
| --- | --- |
| &3&4 | Step right to right, step left across right, flick right behind & out to right (alternative sweep right round from behind to front) |

|  |  |
| --- | --- |
| 5&6 | Step right across left, step left to left, step right behind left |

|  |  |
| --- | --- |
| &7 | Step left to left, step right across left |

|  |  |
| --- | --- |
| &8 | Stomp left next to right, stomp right next to left |

**REPEAT**