

# Mambo No 5

Compte: 48

Mur: 4

Niveau:

Chorégraphe: The Mambo Maniacs - March 2003

Musique: Mambo No.5 - Lou Bega



**Note:** This song has a 32 count intro. Start 16 counts after "Ladies & Gentleman, this is Mambo No. 5".

The dance will start before he starts singing the lyrics of the song. This dance was inspired by some of the song's lyrics

## **JAZZ JUMPS FORWARD & BACK (WITH OPTIONAL CLAPS), HITCH TURN ¼ LEFT**

- &1-2 Step right foot forward, step left foot beside right, hold (optional clap)
- &3-4 Step right foot back, step left foot beside right, hold (optional clap)
- &5-6 Hitch right knee up and turn ¼ left on ball of left foot, touch right toes to right side, hold
- &7-8 Hitch right knee up and turn ½ left on ball of left foot, touch right toes to right side, hold

## **PUNCH HIGH (RIGHT THEN LEFT), PUNCH LOW (RIGHT THEN LEFT)**

Hand placement: *make a fist with right hand, cup left hand over right*

- 1 Punch hands high towards 2:00 & push hips left as you slide right foot beside left
- 2 Bring hands back to chest level & hips to center
- 3 Punch hands high towards 10:00 & push hips to right
- 4 Bring hands back to chest level & hips to center
- 5 Punch hands low towards 4:00 & push hips to left
- 6 Bring hands back to chest level & hips to center
- 7 Punch hands low 8:00 & push hips to right
- 8 Bring hands back to chest level & push hips to center (end with weight on right foot)

## **MAMBO LEFT, HOLD, MAMBO RIGHT, HOLD**

- 1-4 Step left foot to left side, step right foot in place, step left foot beside right, hold
- 5-8 Step right foot to right side, step left foot in place, step right foot beside left, hold

## **MAMBO FRONT, HOLD, ½ RIGHT MONTEREY TOUCH, HOLD**

- 1-4 Step left foot forward, step right foot in place, step left foot beside right, hold
- 5-6 Touch right toes to right side, pivot ½ right on left foot bringing right foot beside left
- 7-8 Touch left toes to left side, hold

## **FORWARD STEP, LOCK STEP, HOLD & CLAP, STEP, CLAP TWICE, HOLD**

- 1-4 Step left foot forward, lock step right foot behind left, step left foot forward, hold & clap
- 5-8 Step right foot forward turning shoulders 45 degrees left, clap, clap hold (weight remains on right foot)

## **MAMBO WITH ½ TURN RIGHT, WALK, HOLD, WALK, HOLD**

- 1-2 Step left foot forward, step right foot in place
- 3-4 Pivot ½ turn left on right foot and step left foot forward, hold
- 5-8 Step right foot forward, hold, step left foot forward, hold

**START AGAIN!**