

Mambo No. 5

拍數: 64 牆數: 2 級數:
編舞者: Leonie Smallwood (AUS)
音樂: Mambo No.5 - Lou Bega



HIP PUSHES

- 1-4 (Bouncing) touch right foot forward & push right hip forward to right diagonal, hitch right knee, touch right foot back & push right hip back to right diagonal, hitch right knee
5-8 Touch right foot forward & push right hip forward to right diagonal, hitch right knee, touch right foot back & push right hip back to right diagonal, hitch right knee

LOCK STEP, SCUFF STEP, TAP & HEEL JACK

- 1-4 Right lock step forward (right-left-right), scuff left foot beside right
5-6 Step left foot forward, touch right foot beside left
7&8& Step right foot back, touch left heel forward, step left foot in place, touch right foot beside left

TWISTY HEEL STEP

- 1-4 Small step forward onto right heel (right toe raised & turned in), turn right toe out & step left foot in place, step right foot beside left, step left foot in place
5-8 Repeat previous four beats

PADDLE TURN, DRAG BACK & KNEE POPS

- 1-4 Paddle turn $\frac{1}{4}$ turn left rolling hips to the left (step right foot forward, turn 45deg left & rock weight onto left foot, repeat)
5-8 Step right foot back, drag left heel towards right foot, step left foot beside right & pop right knee, transfer weight to right foot & pop left knee

VINE'N' $\frac{1}{2}$ TURN, VINE'N' ROLL

- 1-4 Step left foot to left side, step right foot across behind left, step left foot to left side, turn $\frac{1}{2}$ turn on left foot & scuff right foot beside left
5-8 Step right foot to right side, step left foot across behind right, turn full turn right (traveling right) stepping right-left

HIP BUMPS

- 1-4 Step right foot to right side to bump hips twice to the right, bump hips twice to the left
5-8 Circle hips to the left (one circle, two beats), bump hips twice to the right

VINE $\frac{1}{4}$ TURN, SHIMMY BACK, SHIMMY UP

- 1-4 Step left foot to left side, step right foot across behind left, turn $\frac{1}{4}$ turn to step left foot forward, touch right foot beside left
5-8 Step right foot back to lean back & shimmy (two beats), rock weight forward onto left foot to shimmy up (two beats)

PIVOT TURNS, ROCKIN' KNEE POPS

- 1-4 Touch right foot forward, pivot turn $\frac{1}{2}$ turn left (weight on left), repeat
5-8 Turn $\frac{1}{4}$ turn left on left foot to step right foot to right side - rock body to right & pop left knee, rock body to left & pop right knee, rock body to right & pop left knee, rock body to left & hitch right knee

REPEAT

TAG

The first time there is a short break in the music, you just keep dancing right through it. The second time, do

the drag back & knee pops, then do two extra knee pops (left-right) on the trumpet blasts & resume dancing with the music (next step is the vine $\frac{1}{2}$ turn)

The vine & full turn can be replaced with an extended vine. After the scuff, step right foot to right side, step left foot across behind right, step right foot to right side, step left foot across in front to right.
