

# Mi Media Mitad

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**Count:** 96

**Wall:** 1

**Level:** Beginner / Intermediate - mambo

**Choreographer:** Nena Matela (USA)

**Music:** Mi Media Mitad by Rey Ruiz [CD: Lo Esencial [iTunes]]

**Alt. Music: Rosalinda by Thalia [CD: Thalia: Greatest Hits / Available on iTunes]**

**Start dancing on lyrics**

## **MAMBO FORWARD, MAMBO BACK**

**1-4** Rock left forward, recover to right, step left back, hold

**5-8** Rock right back, recover to left, step right forward, hold

**9-16** Repeat 1-8

## **STEP-TURN-STEP-HOLD, MAMBO BACK**

**1-4** Step left forward, turn 1/2 left and step right together, step left back, hold

**5-8** Rock right back, recover to left, step right forward, hold

**9-16** Repeat 1-8

## **ANGLED MAMBO BACK (RIGHT, LEFT)**

**1-4** Turn 1/8 left and rock left back, recover to right, turn 1/8 right and step left together, hold

**5-8** Turn 1/8 right and rock right back, recover to left, turn 1/8 left and step right together, hold

**9-16** Repeat 1-8

## **MAMBO FORWARD, MAMBO BACK**

**1-4** Rock left forward, recover to right, step left back, hold

**5-8** Rock right back, recover to left, step right forward, hold

**9-16** Repeat 1-8

## **MAMBO CROSS OVER, MAMBO CROSS BEHIND**

**1-4** Cross left over right, step right to side, step left back, kick right forward

**5-8** Cross right behind left, step left to side, step right forward, hold

**9-16** Repeat 1-8

## **MAMBO LEFT, MAMBO RIGHT**

- 1-4** Rock left to side, recover to right, step left together, hold
- 5-8** Rock right to side, recover to left, step right together, hold
- 9-16** Repeat 1-8

**REPEAT**