

Mambo Express + AB Mambo Express

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Marie Pietersz (Australia) June 2019

Music: Mambo Italiano by Dean Martin / Mambo No.5 by Lou Bega

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

S1. RIGHT MAMBO, LEFT MAMBO

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

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

S2. BACK MAMBO, LEFT LOCK FORWARD

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

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

S3. RIGHT LOCK FORWARD, FORWARD MAMBO

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

21-24rock 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

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

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

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

7-8step 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&2step side on R foot, lift L foot and replace, step R foot back next to L.

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

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

7&8step 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&2step R forward, step L behind R, step Left forward.

3&4rock 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

8step 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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