

C-LEGS

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Carina & Liz Clarke , Ed Lawton , George Thompson & Suzanne Sperdal

Music: La Bomba by 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

