

FRIDAY MAMBO

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Count: 48

Wall: 4

Level: Beginner / Intermediate

Choreographer: Sadiah Heggernes (Sept 08)

Music: Mambo Con Dancehall by Brooklyn Funk Essentials

Or Music:

Mambo No. 5 by Lou Bega [96 bpm / A Little Bit Of Mambo]

Papa Loves Mambo by Perry Como [84 bpm / Papa Loves Mambo] Start dancing on lyrics

Mambo Rocks (Using Hips), $\frac{1}{4}$ Turn, Lock Step, Hold

1-2 Rock right forward, rock back onto left

3-4 Rock right back, rock right forward

5-6 $\frac{1}{4}$ turn right stepping right forward, lock left behind right

7-8 Step right forward, hold [3:00]

Mambo Rocks (Using Hips) $\frac{1}{4}$ Turn, Lock Step, Hold

1-2 Rock left forward, rock back onto right

3-4 Rock left back, rock right forward

5-6 $\frac{1}{4}$ turn left stepping left forward, lock right behind left

7-8 Step right forward, hold [12:00]

Extended Weave, Paddle $\frac{1}{2}$ Turn

1-2 Step right to side, cross left behind right

3-4 Step right to side, cross left over right

5-6 Step right forward, $\frac{1}{4}$ turn left [9:00]

7-8 Step right forward $\frac{1}{4}$ turn left [6:00]

Extended Weave, Touch, $\frac{1}{4}$ Turn, Flick, Step, Hold

1-2 Step right to side, cross left behind right

3-4 Step right to side, cross left over right

5-6 Touch right to right side, $\frac{1}{4}$ turn left on ball of left, flicking right out

7-8 Step right forward, hold [3:00]

Mambo Step Twice, Hold

1-2 Rock left forward, rock back onto right

3-4 Step left back, hold

5-6 Rock right back, rock back onto left

7-8 Step right forward, hold [3:00]

Step, Pivot, Step, Side Mambo, Touch

1-2 Step left forward, $\frac{1}{2}$ turn right

3-4 Step left forward, hold

5-6 Rock right to right side, rock back onto left

7-8 Touch right beside left, hold [9:00]

Repeat