

De Hombre A Mujer

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Count: 40

Wall: 2

Level: Beginner

Choreographer: Nena Matela (USA)

Music: De Hombre A Mujer by Donato & Estefano [Lo Mejor De Donato y Estefano]

Alternate music: Patricia by Mestizzo [Tongoneo]

Start dancing on lyrics

MAMBO FORWARD-HOLD (LEFT, RIGHT)

- 1-2 Rock L forward, recover to R
- 3-4 Step L back, hold
- 5-6 Rock R forward, recover to L
- 7-8 Step R back, hold

MAMBO SIDE-HOLD (LEFT, RIGHT)

- 1-2 Rock L to side, recover to R
- 3-4 Step L together, hold
- 5-6 Rock R to side, recover to L
- 7-8 Step R together, hold

SIDE-BEHIND-SIDE-CROSS, SIDE CHASSE, BACK ROCK

- 1-2 Step L to side, cross R behind L
- 3-4 Step L to side, cross R over L
- 5&6 Chasse to left stepping L,R,L
- 7-8 Rock R back recover to L

SIDE-BEHIND-SIDE-CROSS, SIDE CHASSE, BACK ROCK

- 1-2 Step R to side, cross L behind R
- 3-4 Step R to side, cross L over R
- 5&6 Chasse to right stepping R,L,R
- 7-8 Rock L back, recover to R

STRIDE-HOLD-AND-SIDE-HOLD, TURN-STEP, STEP-HOLD

- 1-2** Long step L to side (shimmy), hold
- &3-4** Step R together, step L to side, hold
- 5-6** Turn 1/2 left and step R to side, step L together
- 7-8** Step R in place, hold

Easier option:

- 1-2** Long step L to side (shimmy), hold
- 3-4** Step R together, hold
- 5-6** Long step L to side (shimmy), hold
- 7-8** Pivot 1/2 left & step R together, hold

REPEAT