

MAMBO #5

Choreographed by Anthony Lee & Pedro Machado

Description: ABC, Novelty

Level: Intermediate

Music 'Mambo # 5' by Lou Bega (90BPM)

Official UCWDC competition dance description

Date of usage 19 August 2010

Sequense:XXX, YXX, ZXX-ish

PART X

1-8: HITCH CROSS, HITCH CROSS, HITCH TOUCH FORWARD, HITCH BACK

- &1-2 Hitch left knee, cross left over right, hold
- &3-4 Hitch right knee, cross right over left, hold
- &5-6 Hitch left knee, touch left over right, hold
- &7-8 Hitch left knee, tuck left toe behind right foot, hold

8-16:HITCH TOUCH BACK, HITCH TOUCH FORWARD, SWEEP LOCK, UNWIND

- &9-10 Hitch right knee, touch right toe back, hold
- &11-12 Hitch right knee, cross right over left, hold
- 13-14 Sweep right from front to back, crossing right behind left (weight on right)
- 15-16 Unwind full turn, hold (feet together)

17-24: MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN LEFT, FORWARD MAMBO, ¾ TURN TO LEFT

- 17&18 Rock left to side, recover to right, step left together
- 19&20 Rock right to side, replace weigh onto left making ¼ turn left, step right forward
- 21&22 Rock left forward, recover to right, step left together
- 23& Step right back making ¼ turn left, step to side with left making ¼ turn left
- 24 Step forward on right making ¼ turn left (end with weight on right)

25-32: CROSS SIDE BACK, BACK ¼ TURN, FORWARD, CROSS, SIDE, BACK, BACK ¼ TURN FORWARD

- 25&26 Cross left over right, step right to side, step left back
- 27&28 Step right back, step on left making ¼ left, step right forward
- 29&30 Cross left over right, step to right side on right, step left back
- 31&32 Step right back, step forward on left making ¼ turn left, step right forward

33-40: STEP FORWARD ½ PIVOT RIGHT, ½ PIVOT, TOUCH & TOUCH & PUSH

- 33-34 Step left forward, turn ½ right (weight to right)
- 35-36 Make another ½ turn on ball of right (transferring weight to left), hold
- 37&38 Touch right toe slightly forward of left, step right together, touch left toe slightly forward of right
- &39-40 Step left together, press ball of right foot slightly forward of left, hold

41-48: STEP, HOLD, LOCK, HOLD, ANKLE BREAKERS MAKING ½ TURN RIGHT

- 41-42 Step left slightly forward of right, hold
 - 43-44 Cross right behind left (weight on right), hold
 - 45 With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
 - 46 With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn
 - 47 With weight on balls of feet, rock to the right on sides of both feet making 1/8 of a turn
 - 48 With weight on balls of feet, rock to the left on sides of both feet making 1/8 of a turn (ending weight on right)
- Variation: counts 5-8, unwind slowly on balls of both feet ending with weight on right foot*

PART Y

1-16: The first 16 counts of Part Y are the same as the first 16 counts of Part X

17-24:MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD

- 17&18 Rock left to side, recover to right, step left together
- 19&20 Rock right to side, replace weigh onto left, cross right over left
- 21-22 Unwind ½ left (place hands on hips looking over left shoulder), hold
- 23 Pivoting on ball of left foot, turn ½ left and step to right side on right foot (open arms out, palms facing front with arms at waist height)
- 24 Hold

25-32: ROLLING VINE LEFT, CROSS, ANKLE BREAKERS, SIDE STEP LEFT

- 25-26 Turn ¼ left and step forward on left, turn ¼ left and step to the side on right
27&28 Turn ½ left and step to side on left, cross right over left, hold
29 With weight on balls of feet, rock to the right on sides of both feet
30 With weight on balls of feet, rock to the left on sides of both feet
31 With weight on balls of feet, rock to the right on sides of both feet
& Rock weight on ball of right foot
32 Step left to side

33-36: ARMS MOVEMENTS

- 33& With arms out to sides, move right up and left down, move right down and left up
34& Move right arm up and left down, move right down and left up
35& Move right arm up and left down, move right down and left up
36 Bring arms down and step left next to right

Variation: During the four counts of arm movements, doing anything you like (e.g. Roll arms in front of chest while moving your body side to side)

37-52: MAMBO LEFT, MAMBO RIGHT, MAMBO BACK, HITCH STEP SLIDE

- 37&38 Rock left to side, recover to right, step left together
39&40 Rock right to side, replace weigh onto left, step right forward
41&42 Rock left back, recover to right, step left forward
&43-44 Hitch right, large step to right on right, slide left and touch next to right
45 Step left to left (pretend you're clapping above your head, but miss and grab your elbows)
46 Hold
47 Pivoting on ball of left foot, turn ½ left and step to right side on right foot
48 Start shaking from your feet working upwards (continue the shaking motion up to count 7)
49-50 Slap backside with both hands, slap backside with both hands
51-52 Pivoting on ball of right foot, turn ½ right and step to left side on left foot, hold

PART Z

1-16: The first 8 counts of Part Z are the same as the first 8 counts of Part X

17-24: SIDE STEP, HOLD, STEP TOGETHER, HOLD

- 17-18 Step left to left (place hands on hips), hold
19 Step left next to right (open arms out, palms facing front with arms at waist height)
20 Hold

PART ISH!

1-16: The first 16 counts of Part ISH are the same as the first 16 counts of Part X

17-24: MAMBO LEFT, MAMBO RIGHT, CROSS, UNWIND ½ TURN, HOLD, ½ TURN, HOLD

- 17&18 Rock left to side, recover to right, step left together
19&20 Rock right to side, replace weigh onto left, cross right over left
21-22 Unwind ½ left (place hands on hips looking over left shoulder), hold
23 Pivoting on ball of left foot, turn ½ left and step to right side on right foot (open arms out, palms facing front with arms reaching upwards)
24 Hold