

Understanding Mambo

32 count, 2 wall, intermediate level

Choreographer: Susanne Mose Nielsen (DK) July 2005

Choreographed to: Peace, Understanding And Love by Tamra Rosanes

The Intro (8 counts intro in the music – Then dance “The Intro” once, and start the dance)

Right Mambo forward - l Mambo back – side rock cross – side, touch.

1&2 Step forward on right, recover weight on left, step right next to left

3&4 Step back on left, recover weight on right, step left next to right

5&6 Step right to right, recover weight to left, cross right over left

7 – 8 Step left to left, touch right next to left

Right Chasse – back Rock – l chasse, back Rock, sway r, l

9&10 Step right to right side, step left next to right, step right to right side

11 – 12 Step back on left, recover weight on right

13&14 Step left to left side, step right next to left, step left to left side

15 – 16 Step back on right, recover weight on left

17 – 18 Step right to right and sway right hip to the right, recover weight on left and sway left hip to left

The Dance

1. Section: r Mambo forward - l Mambo back – side rock cross – side, touch.

1&2 Step forward on right, recover weight on left, step right next to left

3&4 Step back on left, recover weight on right, step left next to right

5&6 Step right to right, recover weight to left, cross right over left

7 – 8 Step left to left, touch right next to left

2. Section: ¼ r Shuffle – Full turn r – l Mambo forward – r Mambo back

9&10 Step right into ¼ turn right, step left next to right, step right forward (3 o'clock)

11 – 12 (moving forward) Turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right

13&14 Step forward on left, recover weight on right, step left next to right

15&16 Step back on right, recover weight on left, step right next to left

3. Section: Sway l, r– l Sailor step - Unwind ¾ r – l Shuffle forward

17 – 18 Step left to left and sway left hip to the left, recover weight onto right and sway right hip to the right

19&20 Step left behind right, step right to the right, step left slightly diagonal left forward

21 – 22 Touch right behind left, on ball of feet unwind ¾ ends up with weight on right (12 o'clock)

Restart during 4. wall

23&24 Step left forward, step right next to left, step forward on left

4. Section: r Mambo forward – walk back l, r – l Mambo back – l Pivot Turn

25&26 Step forward on right, recover weight on left, step right next to left

27 – 28 Walk back left, walk back right

29&30 Step back on left, recover weight on right, step left next to right

31 – 32 Step forward on right, pivot ½ turn left (6 o'clock)

TAG: Sway r – Sway l - After 2nd wall – after 4th. wall

Restart: During 5.th wall in 3. section:

Sway l, r – l Sailor step – Walk ¾ right on right and left

HAVE FUN !