

Countryfriends83

Ecole de Danse

MAMBOCON

Count : 32 Wall : 4 Level : Beginner

Choreographer : Enric Nonell 11/2016

Music : Mambo con dancehall by Brooklyn Funk Essentials Length

Note: The song has a 20 seconds long introduction, start the dance with the first beat after this introduction.

[1-8] Mambo forward, mambo backward, steps forward x3, steps forward x3

- 1&2 Rock RF forward, recover on LF, step RF together
- 3&4 Rock LF backward, recover on RF, step LF together
- 5&6 Step RF forward, step LF forward, step RF forward
- 7&8 Step LF forward, step RF forward, step LF forward

[9-16] Mambo backward x2, steps side x3, steps side x3

- 1&2 Rock RF backward, recover on LF, step RF together
- 3&4 Rock LF backward, recover on RF, step LF together
- 5&6 Step RF to right, step LF together, step RF to right
- 7&8 Step LF to left, step RF together, step LF to left

[17-24] Suzy Q, step back, step side, suzy Q, step back, step side

- 1&2 Cross RF over LF, step LF to left, cross RF over LF
- 3,4 Step LF backward, step RF to right
- 5&6 Cross LF over RF, step RF to right, cross LF over RF
- 7,8 Step RF backward, step LF to left

[25-32] ¼ pivot turn, ½ pivot turn, mambo cubano (toe switches)

- 1,2 Step RF forward, ¼ turn left and step on LF
- 3,4 Step RF forward, ½ turn left and step on LF
- 5& Tap on ball of RF in place, step on RF
- 6& Tap on ball of LF in place, step on LF
- 7& Tap on ball of RF in place, step on RF
- 8& Tap on ball of LF in place, step on LF

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.countryfriends83.fr