

Understanding Mambo

2 Wall, 32 counts, Intermediate

Choreographer: Susanne Mose Nielsen DK (Feb. 2005)

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Music: Peace, Understanding And Love by Tamra Rosanes

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

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

r 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 onto left and sway left hip to the 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 4.th wall in 3. section:
Sway l, r – l Sailor step – Walk ¾ right on right and left*

HAVE FUN !