MAMBOJAMBO (Mambo No.5) (曼波舞) (zh)

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Jo Thompson Szymanski (USA) & Kathy Hunyadi (USA)

Music: Bailamos - Enrique Iglesias : (CD: Wild Wild West Soundtrack / CD: Enrique Iglesias)

前奏： 4 X 8 拍 32拍後起跳

第一段 MAMBO BASIC FORWARD & BACK
曼波基本前進與退後

1&2 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP BACK ON LEFT FOOT
左足前下沉，右足向後回復（重心右足），左足後踏

3&4 ROCK BACK ON RIGHT FOOT, RECOVER WEIGHT FORWARD TO LEFT FOOT, STEP FORWARD ON RIGHT FOOT
右足後下沉，左足向前回復（重心左足），右足前踏

5&6 ROCK FORWARD ON LEFT FOOT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP BACK ON LEFT FOOT
左足前下沉，右足向後回復（重心右足），左足後踏

7&8 ROCK BACK ON RIGHT FOOT, RECOVER WEIGHT FORWARD TO LEFT FOOT, STEP FORWARD ON RIGHT FOOT
右足後下沉，左足向前回復（重心左足），右足前踏

第二段 CROSS, STEP, CROSS BALL CHANGE TRAVELING FORWARD 45 DEGREES
交叉 踏 交叉交換45度前進

1-2 CROSS LEFT FOOT IN FRONT OF RIGHT, STEP RIGHT FOOT FORWARD AT 45 DEGREE ANGLE 左足在右足前交叉踏，右足向前45度踏

3&4 CROSS LEFT FOOT IN FRONT OF RIGHT, STEP RIGHT FOOT TO SIDE, STEP LEFT FOOT IN PLACE(BODY WILL BE ANGLED 45 DEGREES TO LEFT)
左足在右足前交叉踏，右足側踏，左足原地踏(身體向左斜45度)

5-6 CROSS RIGHT FOOT IN FRONT OF LEFT, STEP LEFT FOOT FORWARD AT 45 DEGREE ANGLE 右足在左足前交叉踏，左足向前45度踏

7&8 CROSS RIGHT FOOT IN FRONT OF LEFT, STEP LEFT FOOT TO SIDE, STEP RIGHT FOOT IN PLACE (BODY WILL NOW BE ANGLED 45 DEGREES TO RIGHT)
右足在左足前交叉踏，左足側踏，右足原地踏(身體向右斜45度)

第三段 CROSSING TRIPLES TRAVELING BACK
交叉 小三步 退後

1&2 CROSS LEFT FOOT IN FRONT OF RIGHT, STEP BACK ON RIGHT FOOT, STEP LEFT BESIDE RIGHT (SQUARE OFF TO WALL)
左足在右足前交叉踏，右足後踏 ，左足在右足旁踏

3&4 TURNING BODY 45 DEGREES LEFT, CROSS RIGHT FOOT IN FRONT OF LEFT. STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT (SQUARING OFF TO WALL)
（身體向左轉45度角），右足在左足前交叉踏，左足後踏，右足在左足旁踏

5&6 TURNING BODY 45 DEGREES RIGHT, CROSS LEFT IN FRONT OF RIGHT, STEP BACK ON RIGHT, STEP LEFT BESIDE RIGHT (SQUARE OFF TO WALL)
（身體向右轉45度角），左足在右足前交叉踏，右足後踏，左足在右足旁踏

7&8 TURNING BODY 45 DEGREES LEFT, CROSS RIGHT FOOT IN FRONT OF LEFT, STEP BACK ON LEFT, STEP RIGHT BESIDE LEFT (SQUARE OFF TO WALL)
（身體向左轉45度角），右足在左足前交叉踏，左足後踏，右足在左足旁踏

第四段 SYNCOPATED CROSS ROCK STEP; SKATE RIGHT, LEFT, RIGHT; SYNCOPATED CROSS ROCK STEP; ¼ LEFT; STEP
變奏交叉下沉 向右滑冰步 左 右 變奏交叉下沉 左轉 踏

1&2 CROSS ROCK LEFT OVER RIGHT, RECOVER WEIGHT BACK TO RIGHT FOOT, STEP LEFT TO SIDE
左足在右足前交叉下沉，右足向後回復（重心右足）左足側踏

3-5 ANGLING BODY 45 DEGREES WITH EACH TOE STEP AND TURNING TOES OUT, SWIVEL RIGHT FOOT, LEFT FOOT, RIGHT FOOT (AS IF YOU WERE SKATING!)
身體45度角將足趾踏出同時足趾轉向外，旋轉右足、左足、右足 (就如同在滑冰)

6&7 CROSS ROCK LEFT OVER RIGHT, RECOVER WEIGHT BACK TO RIGHT FOOT, TURN ¼ TO LEFT STEPPING FORWARD ON LEFT FOOT
左足在右足前交叉下沉，右足向後回復（重心右足），左足左轉90度前踏

8 STEP RIGHT FOOT NEXT TO LEFT
右足在左足旁踏
