

Mixed Up Mambo

64 count, 4 wall, intermediate level

Choreographer: Frank Cooper & Kathy Hunyadi
(Can & USA) Aug 2004Choreographed to: Mi Mulata by Frankie Negrón (CD
Inesperado)

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- 1-8 ROCK FORWARD, STEP FORWARD, LOW TOE BRUSH FORWARD, REPEAT**
1,2 Rock forward on R foot (1), Recover weight to L foot (2),
3,4 Step forward on R foot (3), Brush L foot forward (low) (4)
5-8 Repeats counts 1 – 4 starting with the L foot
- 9-16 STEP BACK, STEP ACROSS, STEP BACK, LOW KICK FORWARD, REPEAT**
1,2 Step R foot back on diagonal to the right (1), Step L foot across R (2)
3,4 Step R foot back on diagonal to the right, squaring up to wall (3), Kick L foot forward
 on a diagonal to the left (low) (4)
5-8 Repeat counts 1-4 starting with the L foot
- 17-24 MAMBO BACK INTO A ½ TURN, MAMBO BACK,**
1,2 Rock back on R foot (1), Recover weight to L foot (2)
3,4 Step R foot next to L foot at same time make a ½ turn left (3), Hold (4).
5,6 Rock back on L foot (5), Recover weight to R foot (6)
7,8 Step L foot slightly forward (7), Hold (8)
- 25-32 CARIOCA RUN, STEP PIVOT ½ TURN, TOUCH**
1-4 Take small steps slightly running forward stepping R (1), L (2), R (3), L (4)
(Note: keeping Cuban motion and knees slightly bent throughout counts 25 – 28)
5,6 Step forward on R foot (5) pivot ½ turn right on ball of R foot (6)
7,8 Step forward on L foot (7), touch R foot next to L (8)
- 33-40 CHASE TURNS – Left 1/2 & Right 1/4**
1-4 Step forward on R foot (1), Turn 1/2 left (2), Step R foot next to L (3), Hold (4)
5-8 Step forward on L foot (5), Turn 1/4 right (6), Step L foot next to R (7), Hold (8)
- 41-48 SIDE ROCK, CROSS, HOLD, 5TH POSITION BREAK**
1,2 Rock to right on R (1), Recover weight to L (2)
3,4 Step R forward and across L (3), Hold (4)
5,6 Step L to left side (5), Step (rock) back on R in 5th position (6) (*your body will be 1/8
turn right*)
7,8 Recover weight to L (7), Hold (8)
- 49-56 TOUCH, STEP 1/8 RIGHT, SIDE LEFT, BACK RIGHT, BACK LEFT, RIGHT 1/4
TURN, SIDE RIGHT, FORWARD LEFT, TOUCH**
1,2 Touch R next to L (1), Step R forward turning 1/8 right to square off to wall (2)
3,4 Step L to side (3), Step R back (4)
5,6 Step L back (toes turned in) & turn 1/4 right (5), Step R to side (6)
7,8 Step L forward (7), Touch R next to L (8)
- 57-64 RIGHT CURVING WALK INTO 1/2 TURN, TOUCH TOGETHER, TOUCH
TOGETHER**
1-4 Walk forward R (1), L (2), R (3), L (4) – turning 1/2 to right
5,6 Touch R out to side (5), Step R next to L (6)
7,8 Touch L out to side (7), Step L forward (8)
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