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AB Five

32 Count, 2 Wall, Absolute Beginner

Choreographer: Norman Gifford (USA) Sept 2016

Choreographed to: Any good 4 Beat straight rhythm music

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- Section 1 Mambo Steps Forward-Back With Pauses**
1-4 Right rock forward; left replace; right together; pause
5-8 Left rock back; right replace; left together; pause
- Section 2 Side Mambo Steps With Pauses**
1-4 Right rock side; left replace; right together; pause
5-8 Left rock side; right replace; left together; pause
- Section 3 Charleston Step**
1-4 Right step forward; left kick; left replace; right touch back
5-8 Right step forward; left kick; left replace; right touch back
- Section 4 Mambo ¼ Turn Right, Pause, Run- Run- Run Turning ¼ Right, Pause**
1-4 Right rock forward; left replace; right step side turning ¼ right; pause [3:00]
5-8 Running steps turning ¼ right (LRL); pause [6:00]

Begin Again