

Start with "self" at 12 seconds

S1 Walk Forward, Mambo

1,2,3,4 Walk forward 3 steps (R, L, R), Hold

5,6,7,8 Rock forward L, recover back R, Step L beside R, Hold

S2 Walk Back, Mambo

1,2,3,4 Walk back 3 steps (R, L, R), Hold

5,6,7,8 Rock back L, recover forward R, Step L beside R, Hold

S3 Cross Mambos

1,2,3,4 Rock crossing R over L, recover back on L, Step R beside L, Hold

5,6,7,8 Rock crossing L over R, recover back on R, Step L beside R, Hold

S4 Heel Bounce Turn

1,2,3,4 Rise up on toes & bounce on heels (1), Hold (2), Turn slightly to L (11:00) while rising up on toes & bouncing on heels (3), Hold (4)

5,6,7,8 Turn slightly to L (10:00) while rising up on toes & bouncing on heels (5), Hold (6), Turn slightly to L (9:00) while rising up on toes & bouncing on heels (7), Hold (8)



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