

La Mamba

07/01/2001

Choreographers: **Rob "I" Ingenthron** and **Toby Munroe**

Styling: Samba/Mambo-styling (music is very Samba-like)

counts: 96

walls: 1 or 2 (depends on variation at the end – 1 wall for performances or competition)

a-b-c dance: The music is short 16 counts on the second wall, so the dance starts over before the end of "Section C", but there's no other tags or changes.

Signature music: "I Wanna Be Like You (Radio Edit)" – Big Bad Voodoo Daddies (not the version on "Swingers")

Practice music: "In My Pocket" – Mandy Moore (slow, with a good Samba-like beat)

For more information or copies of this step sheet, check out www.dancegeek.com or e-mail me at rob@dancegeek.com

Section A

Step Count	Dance Count	Description
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Right-Ball Change, Ball Change, Sailor, Left-Ball Change, Ball Change, Sailor

1,2	1,2	R press forward, R press side – use balls of feet (Slight unweighting of L foot occurs while pressing)
3 & 4	3,4	(3) Hook R foot behind, (&) Replace weight to L, (4) Step R foot to side (Sailor step)
5,6	5,6	L press forward, L press side – use balls of feet (Slight unweighting of R foot occurs while pressing)
7 & 8	7,8	(7) Hook L foot behind, (&) Replace weight to R, (8) Step L foot to side (Sailor step)

Kick & Turn, Coaster, Point & Turn, Coaster

1 & a 2	9,10	(1) Kick R foot forward (low), (&) Step R foot beside L, (a) Point L foot to side, (2) ¼ turn to left (sharp)
3 & 4	11,12	Step back L foot, Step together R, Step forward L ("Coaster")
5 & 6	13,14	(5) Point R foot forward, (&) Point R foot back, (6) ½ turn to right (keeping R toe on the floor, pointed)
7 & 8	15,16	Step back R foot, Step together L, Step forward R ("Coaster")

Syncopated Rock, Hook Turn, Cucarachas

1 & 2	17,18	Rock forward L foot, Replace weight R, Step back L foot
3 & 4	19,20	Hook R foot back, Unwind to right ¾ turn while stepping L, R (& 4)
5 & 6	21,22	Step L to side, Replace weight R, Step together with L foot ("Cucaracha")
7 & 8	23,24	Step R to side, Replace weight L, Step together with R foot ("Cucaracha")

Turning Samba Boxes

1 a2	25,26	Step forward L foot, turn ¼ to left and step to side R foot, Step together with L foot (R hip to right)
3 a4	27,28	Step back R foot, turn ¼ to left and step to side L foot, Step together with R foot (L hip to left)
5 a6	29,30	Step forward L foot, turn ¼ to left and step to side R foot, Step together with L foot (R hip to right)
7 a8	31,32	Step back R foot, turn ¼ to left and step to side L foot, Step together with R foot (L hip to left)

Section B

Cross, Twist, Bounce and Walk

1 & 2	33,34	Cross L foot in front (weight on both feet), Twist heels to left, return heels to center
3 & 4	35,36	Hook L foot behind while turning ¼ to left, Step together R, Step forward L (turn ¼ to left during & 4)
5 & 6	37,38	Step forward R, Bounce shoulders down twice while turning to left ½ turn (weight stays on R foot)
7 & 8	39,40	Step forward L, Step forward R (small step), turn ¼ to left and step forward L

"Walk Like You", Syncopated Rock, Slide, Coaster

1 & 2	41,42	(words start "I'm gonna...") Take three steps forward (R,L,R) – Strut with lots of hip action
3 & 4	43,44	Rock forward L foot, Replace weight R, Step back L foot
&5,6,7	45-47	Turn ¼ to right (weight on L), Slide to right while stepping to R foot (5), hold 6-7 while bringing L slowly together with the right (keeping the R foot weighted)
8&1	48,49	Step back L foot, Step together R foot, Step forward L foot ("Coaster")

Walk, Lock Step, Hook Turn

2,3,4	50-52	(2) Step forward R, (3) turn ½ to left and replace weight forward L (push turn), (4) Step forward R
5 & 6	53,54	Step forward L, Lock R behind, Step forward L ("Lock Step")
& 7,8	55,56	(&) Step forward R, (7) hook L foot behind, (8) turn ½ to left keeping weight on R foot

Boto Fogos, Spot Volta, High Sweep

1 a2	57,58	Step diagonally across with L, Step R to side (partial weight), Replace weight to L ("Bota Fogo")
3 a4	59,60	Step diagonally across with R, Step L to side (partial weight), Replace weight to R ("Bota Fogo")
5 a6	61,62	Step diagonally across with L, Step R to side (partial weight), Replace weight to L ("Bota Fogo")
&7,8	63,64	Step forward R (ball of foot), turn ½ to left replace weight across to L, forward sweep R foot (knee level)

Section C

Cross & Cross, Back Points, Flick, Walk, Lock Step

1 & 2	65,66	Step across with R, Pull L into 5 th position and step on it, Step across with R
&3 &4	67,68	Step side L, Point R toe to left behind L foot, Step side R, Point L toe to right behind R foot
&5,6	69,70	Turn ¼ to left step forward L (small step), Flick R foot back while turning ½ to left, Step forward R
7 & 8	71,72	Step forward L, Lock R behind, Step forward L ("Lock Step")

Chainé Turn, Bouncing Hip Circle

1 & 2	73,74	Step forward R, Turn ¼ to right and step together L, Turn ¾ to right and step forward R
3,4	75,76	Turn ¼ to R and step sideways on L, Hold 4 (weight on both feet)
5,6,7,8	77-80	Big bouncing hip circle backwards from left to right (5-7), turn ½ to left and step together with R

note: This is where you would start the dance over on the second wall if you are using the full version (radio edit) of "I Wanna Be Like You", either doing a ½ turn for the 2-wall version, or no turn or a full turn for the 1-wall version.

Slow Butta Catas, Twist, Swivels

1,2&	81,82	Press L forward (ball of foot – small step), Roll left hip over L foot, step back L – in 5 th position
3,4&	83,84	Press R forward (ball of foot – small step), Roll right hip over R foot, step back R – in 5 th position
5,6	85,86	Twist heels to right, return heels to center
7,8	87,88	Swivel to right and step on R, Swivel to left and step on L

Right Tap Step, Left Tap Step, Three Spot Voltas (&5&6&7 should comprise 1 full turn), Tap Tap Hit

1,2	89,90	Tap R foot diagonally to right (pushing right hip forward), place weight on R
3,4	91,92	Tap L foot diagonally to left (pushing left hip forward), place weight on L
&5	93	Turning to your left, step ball of R foot to side (small), Replace weight to L across ("Spot Voltas")
&6	94	Repeat (&5) – you are basically spinning around the spot where your left foot is. ("Spot Voltas")
&7	95	Repeat (&5) – you are basically spinning around the spot where your left foot is. ("Spot Voltas")
&a8	96	(&) Tap ball of R forward, (a) press ball of R more forward, (8) throw both hands in the air (elbows point forward, weight is pressed forward on ball of R foot, slightly unweight to start again)

Start Over!!!

[1-Wall Variation Steps - &5&6&7 turn should be a 1 and 1/2 turn back to the front/start-of-dance]

1,2	89,90	Tap R foot diagonally to right (pushing right hip forward), place weight on R
3,4	91,92	Tap L foot diagonally to left (pushing left hip forward), place weight on L
&5	93	Turning to your left, step ball of R foot to side (small), Replace weight to L across ("Spot Voltas")
&6	94	Repeat (&5) – you are basically spinning around the spot where your left foot is. ("Spot Voltas")
&7	95	Repeat (&5) – you are basically spinning around the spot where your left foot is. ("Spot Voltas")
&a8	96	(&) Tap ball of R forward, (a) press ball of R more forward, (8) throw both hands in the air (elbows point forward, weight is pressed forward on ball of R foot, slightly unweight to start again)

Dance Sequence:

For best results dance the dance as follows...

- Hold for 32 counts
- Dance the entire dance (A,B,C)
- Then dance sections A & B
- Dance the first 16 counts of section "C" (up to "Bouncing Hip Circle" - counts 65-88)
- Start over...Dance A,B,C
- Do one more A
- End tag - Do the first 3 counts of B (33-35) face front on count 35, then finish with **Tap Tap Hit** (&a8 or count 96)

A, B, C, A, B,C (minus last 16 counts), A, B, C, A, End Tag

Most of the dance hits the music really well, and most of the steps are either to the beats of music or to the words in the song.

Need even more of a challenge? You can start the dance in contra line and do the entire A part, then on the B section, the line that started contra can do the first 1&2 of B, and then shuffle forward for 3&4 through the normal line, and then do the step forward with the bounces for 5&6 like the regular line and then everyone will all be facing the same direction again.

This dance is a mix of Mambo & Samba styling and therefore it does have a little tick or pulse to it. Also use of hip action is encouraged. Most of all, have fun with it!!!