

# Mambo Rock

Count: 64

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Angels Guix (ES) - April 2011

Musik: Hey Mambo! - Les Forbans



Start dancing on lyrics - Sequence: M-R-M-R M-M-R-R M-R-M-TAG R-R-M-R-HOLD-R

## Part M: Mambo

### Toe Strut X4

- 1-2 Step over right toe forward, heel of right down
- 3-4 Step over left toe forward, heel of left down
- 5-6 Step over right toe forward, heel of right down
- 7-8 Step over left toe forward, heel of left down

### Rock Forward, Recover, Together, Step In Place, Rock Right, Recover, Together, Hold

- 1-2 Rock right forward, recover back over left
- 3-4 Step right together, step left in place
- 5-6 Rock right to side, recover over left
- 7-8 Step right together, hold
  
- 17-24 Repeat from 1 to 8 starting with left
- 25-32 Repeat all rocking section, from 9 to 16, with left

## Part R: Rock

### Triple Step Right, Rock Step, Triple Step Left With Turn $\frac{1}{4}$ Left, $\frac{1}{2}$ Pivot Turn

- 1&2 Chassé side right, left, right
- 3-4 Cross/rock left behind right, recover forward over right
- 5&6 Step left to side, step right together, turn  $\frac{1}{4}$  left and step left forward
- 7-8 Step right forward, turn  $\frac{1}{2}$  left and step left forward

### Kick Forward & Step X4 (Traveling Forward)

- 1-2 Kick right forward, step right slightly forward
- 3-4 Kick left forward, step left slightly forward
- 5-6 Kick right forward, step right slightly forward
- 7-8 Kick left forward, step left slightly forward

### Grapevine Right, Step Left To Side, Cross Right Behind, Turn $\frac{1}{4}$ Left & Step Left Forward, Hold

- 1-2 Step right to side, cross left behind right
- 3-4 Step right to side, touch left together
- 5-6 Step left to side, cross right behind left
- 7-8 Turn  $\frac{1}{4}$  left and step left forward, hold

### Step Turn Stomp, Hold, Step Back X3, Hold

- 1-2 Step right forward, turn  $\frac{1}{2}$  left and step over left
- 3-4 Stomp right forward, hold
- 5-6 Step left back, step right back
- 7-8 Step left back, hold

## TAG: 16 Counts.

### Slow Walk Around To Turn $\frac{1}{2}$ To Right

- 1-2 Step right forward starting the  $\frac{1}{2}$  walk around, hold
- 3-4 Step left forward, hold
- 5-6 Step right forward, hold

7-8 Step left forward, hold

**Run Forward With 4 Steps, Hold X4**

1-2 Step right forward, step left forward

3-4 Step right forward, step left forward

5-6 Hold

7-8 Hold

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