

# Mambo Rock (P)

Compte: 48

Mur: 0

Niveau: Partner

Chorégraphe: Michelle Chandonnet (CAN) & Marc Archambault (CAN)

Musique: Seven Nights to Rock - BR5-49



**Position: Open double hand hold. Partners face each other**  
**To add style and have fun, do all Rock Steps with the Mambo style.**

## **ROCK STEP, STEP TOGETHER, HOLD, ROCK STEP, STEP TOGETHER, HOLD**

- 1-2            **MAN:** Rock forward left, rock back right  
                 **LADY:** Rock back right, rock forward left
- 3-4            **MAN:** Step left beside right foot, hold  
                 **LADY:** Step right beside left foot, hold
- 5-6            **MAN:** Rock back right, rock forward left  
                 **LADY:** Rock forward left, rock back right
- 7-8            **MAN:** Step right beside left foot, hold  
                 **LADY:** Step left beside right foot, hold

## **STEP ¼ TURN, SLIDE, STEP FORWARD, BRUSH, JAZZ BOX, STOMP**

- 1-2            **MAN:** Step left ¼ turn left, slide right beside left foot  
                 **LADY:** Step right ¼ turn right, slide left beside right foot
- 3-4            **MAN:** Step forward left, brush right  
                 **LADY:** Step forward right, brush left
- 5-6            **MAN:** Cross right over left foot, step back on left  
                 **LADY:** Cross left over right foot, step back on right
- 7-8            **MAN:** Step right beside left foot, stomp left (weight on left)  
                 **LADY:** Step left beside right foot, stomp right (weight on left)

## **SIDE ROCK STEP, STEP TOGETHER, HOLD, SIDE ROCK STEP, STEP TOGETHER, HOLD**

- 1-2            Rock right to right side, rock back on left
- 3-4            Step right beside left foot, hold
- 5-6            Rock left to left side, rock back on right
- 7-8            Step left beside right foot, hold

## **STEP, HOLD, STEP, HOLD, STEP, STEP, STEP, HOLD**

- 1-2            Step right lightly forward moving right hip left, hold
- 3-4            Step left lightly forward moving left hip right, hold
- 5              Step right lightly forward moving right hip left
- 6              Step left lightly forward moving left hip right
- 7              Step right lightly forward moving right hip left
- 8              Hold

## **ROCK STEP, STEP TOGETHER, HOLD, ROCK STEP, STEP TOGETHER, HOLD**

- 1-2            Rock forward left, rock back right
- 3-4            Step left beside right foot, hold
- 5-6            Rock back on right, rock forward left
- 7-8            Step right beside left foot, hold

## **STEP, LOCK, STEP, BRUSH, STEP ¼ TURN, STEP, STEP, STEP**

- 1-2            Step forward left, lock step right behind left foot
- 3-4            Step forward left, brush right forward

5-6 **MAN:** Step right  $\frac{1}{4}$  turn right, step left beside right foot

**LADY:** Step right  $\frac{1}{4}$  turn right, step left forward

7-8 **MAN:** Step right in place, brush left

**LADY:** Pivot  $\frac{1}{2}$  turn right on both feet, step left beside right foot

**REPEAT**

---