

# Mambo Rock

拍数: 32      墙数: 4      级数: Improver mambo  
编舞者: Jos Slijpen (NL)  
音乐: Mambo Rock - Bill Haley & The Comets



## MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK

1&2      Rock step right to right side, recover weight on left, step right beside left  
3&4      Rock step left to left side, recover weight on right, step left beside right  
5&6      Rock step right forward, recover weight on left, step right beside left  
7&8      Rock step left back, recover weight on right, step left beside right

## 4X PIVOT 1/8 TURN LEFT, MAMBO FORWARD, MAMBO LEFT

1&2&      Step forward right, pivot 1/8 turn left, step forward right, pivot 1/8 turn left  
3&4&      Step forward right, pivot 1/8 turn left, step right, pivot 1/8 turn left  
5&6      Rock step forward right, recover weight on left, step right beside left  
7&8      Rock step left to left side, recover weight on right, step left beside right

## ¼ TURN COASTER STEP, LOCK SHUFFLE FORWARD LEFT, PIVOT ¼ TURN LEFT & CROSS, SIDE ROCK & CROSS

1&2      Make ¼ turn left and step back on right, step left beside right, step forward right  
3&4      Step forward left, cross right behind left, step forward left  
5&6      Step forward right, pivot ¼ turn left, cross right over left  
7&8      Step left to left side, recover weight on right, cross left over right

## RIGHT SHUFFLE WITH ¼ TURN RIGHT, LEFT SHUFFLE WITH ½ TURN RIGHT, COASTER STEP, LOCK SHUFFLE FORWARD

1&2      Step right to right side, step left beside right, make ¼ turn right stepping right forward  
3&4      Shuffle ½ turn right stepping left-right-left  
5&6      Step back on right, step left beside right, step forward right  
7&8      Step forward left, cross right behind left, step forward left

### Option

7&8      Make full turn forward stepping left-right-left

## REPEAT

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