

# Mambo Rock

拍數: 64      牆數: 2      級數: Phrased Improver  
編舞者: Angels Guix (ES) - April 2011  
音樂: 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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