



Approved by:

Sadiah Heggernes

Friday Mambo

4 WALL - 48 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 - 4 5 - 6 7 - 8	Mambo Rocks, 1/4 Turn Lock Step, Hold Rock forward on right. Recover back onto left. (Use hips) Rock back on right. Recover forward onto left. (Use hips) Make 1/4 turn right stepping right forward. Lock left behind right. Step right forward. Hold. (3:00)	Forward Rock Back Rock Turn Lock Step Hold	On the spot Turning right Forward
Section 2 1 - 2 3 - 4 5 - 6 7 - 8	Mambo Rocks, 1/4 Turn Lock Step, Hold Rock forward on left. Recover back onto right. (Use hips) Rock back on left. Recover forward onto left. (Use hips) Make 1/4 turn left stepping left forward. Lock right behind left. Step left forward. Hold. (12:00)	Forward Rock Back Rock Turn Lock Step Hold	On the spot Turning left Forward
Section 3 1 - 2 3 - 4 5 - 6 7 - 8	Extended Weave, Paddle 1/2 Turn Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Step right forward. Make 1/4 turn left on ball of left. Step right forward. Make 1/4 turn left on ball of left. (6:00)	Side Behind Side Cross Step Turn Step Turn	Right Turning left
Section 4 1 - 2 3 - 4 5 - 6 7 - 8	Extended Weave, Touch, 1/4 Turn With Flick, Step, Hold Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Touch right to right side. Make 1/4 turn left on ball of left, flicking right out. Step right forward. Hold. (3:00)	Side Behind Side Cross Touch Turn Step Hold	Right Turning left On the spot
Section 5 1 - 4 5 - 8	Mambo Step, Hold (x 2) Rock forward on left. Recover back onto right. Step left back. Hold. Rock back on right. Recover forward onto left. Step right forward. Hold.	Mambo Step Hold Back Mambo Hold	On the spot
Section 6 1 - 2 3 - 4 5 - 6 7 - 8	Step, Pivot 1/2, Step, Hold, Side Rock, Touch, Hold Step left forward. Pivot 1/2 turn right. Step left forward. Hold. Rock right out to right side. Recover back onto left. Touch right beside left. Hold. (9:00)	Step Pivot Step Hold Side Rock Touch Hold	Turning right Forward On the spot

Choreographed by: Sadiah Heggernes (NO) July 2008

Choreographed to: 'Mambo Con Dancehall' by Brooklyn Funk Essentials (90 bpm) from CD Make Them Like It; also available from iTunes or tescodigital (16 count intro)

Music Suggestions: 'Mambo No 5' by Lou Bega; 'Papa Loves Mambo' by Perry Como



A video clip of this dance is available at www.linedancermagazine.com