

Mambo Rock

32 count, 4 wall, beginner/intermediate level

Choreographer: Jos Slijpen (NL) Jun 05

Choreographed to: Mambo Rock by Bill Haley & His Comets. Album: Very Best Of, bpm 84; Mambo no. 5 by Lou Bega (single)

Intro: 32 counts

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: on counts 7&8 make full turn forward stepping Left-Right-Left

Start again
