

ROUNDALAB STANDARD
Phase V of Round Dancing

MAMBO

MB. MAMBO

CHARACTERISTICS: In round dancing, the Mambo rhythm is denoted using 4/4 timing. Using a count of QQS, Mambo figures resemble figures done in Rumba and Cha Cha with Cuban action. Steps are generally taken on the inside edge of the entire foot. The foot is placed in position on the beat, but the weight is not taken on the foot until the end of the beat. The supporting knee is straight while the non-weighted knee is generally bent. This helps keep both legs directly under the body. The steps are usually quite small and not as flowing as other Latins, the hip is not popped, but follows after the foot action. This action results in the hip being opposite the supporting leg, i.e., when the left foot is back the left hip is forward.

Arm Check		
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Arm Check

QQS; QQS;

arm ck

Arm Check

RK APT, REC, SD & FWD, -; FWD, FWD, CL, -;
(RK APT, REC, FWD, -; SPN, STP, STP, -;)

MAN: Rock apart left, recover right, side & forward left toward woman's right side release joined lead hands and take woman's right wrist in man's right hand, -; forward right turn 1/2 left face lead woman to spin right face and drop hands, forward left, close right, -;

WOMAN: Rock apart right, recover left, forward right toward man's right side, -; spin right face 1 1/2 left, right, left, -;

NOTE: Partners end facing after having changed sides.

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