



The Mambo can be thought of as a faster version of the Rumba mixed in with a sharper version of the Salsa (straighter legs). Though the Mambo sound is quite unique, the dance itself can be used with many popular tunes.

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As per the Rumba and the Salsa, the Mambo keeps the upper body straight and steady while allowing the hips to sway (no rise and fall). Even though it has the feel of the Rumba (with straight legs finishing steps) it is dance to the speed of Salsa.

The Mambo uses 4/4 timing at around 180 beats per minute, with movement starting on the 2nd beat in each bar (the first beat is the 'accent', or pause) e.g. 1(pause) 2 3 4, 1(pause) 2 3 4, etc.

Hint: For some good examples of Mambo, check out music by Ricky Martin or the film Dirty Dancing.

Beginner Routine

Basic Step:

- (1) Side step to right to begin (Pause);
- (2) Left foot forward;
- (3) Replace weight (back) on Right foot;
- (4) Left foot to side;
- (1) Pause
- (2) Right foot backward;
- (3) Replace weight (forward) on Left foot;
- (4) Right foot to side;

New Yorker:



- (1) Side step to right to begin (Pause);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);
- (3) Replace weight (left) on Right foot (face right);
- (4) Left foot to side (face front);
- (1) Pause
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);
- (3) Replace weight (right) on Left foot (face left);
- (4) Right foot to side (face front);

Spot Turns to Right then Left:

- (1) Side step to right to begin (Pause);
- (2) Left foot crosses in front of Right foot, straightening to the right (face right);
- (3) Twist clockwise on balls of both feet (face left);
- (4) Left foot crosses in front of Right foot, straightening to the left (face front);
- (1) Pause
- (2) Right foot crosses in front of Left foot, straightening to the left (face left);
- (3) Twist anti-clockwise on balls of both feet (face right);
- (4) Right foot crosses in front of Left foot, straightening to the right (face front);