

BALLROOM DANCING
CHA-CHA - MAMBO

CHA CHA CHA AND MAMBO

Basic rhythm and time for man (lady does opposite)

Step left (direction optional)	SLOW	count 1 (or 2) (or 3) (or 4)
Step right " "	SLOW	count 2 (or 3) (or 4) (or 1)
Step left " "	QUICK	count 3 (or 4) (or 1) (or 2)
Step right " "	QUICK	count & (or &) (or &) (or &)
Step left " "	SLOW	count 4 (or 1) (or 2) (or 3)
		(these will be explained) -
		(read down)

Repeat starting with the right foot.

Explore the different directions that are possible, such as: Forward; back; side; diagonals; keeping one foot in place; turns.

Dance position varies with the step.

The following variations are still popular.

1. Basic forward and back.
2. Basic forward and back keeping one foot in place.
3. Basic following the pattern of "box waltz" (cha cha cha with feet together)
4. Man turns partner under ARCH (see #5 of BREAK for ROCK 'n' ROLL)
 - Man does - (Keeping one foot in place)
 - Forward cha cha cha, left foot
 - Back " " " ; right foot
 - Back " " " , left foot and changes sides with partner on the arch turn
 - Back " " " , right turn
5. Cha Cha Cha
 - Man does - forward cha cha cha with left (push from left, turn right)
 - forward cha cha cha with right
 - Lady echoes the man's half or full turn.
6. Cha-Cha-Polka
7. Mambo - (leave out Cha-Cha - change count)
8. Cha-Cha Chase (Full Turn - Half Turn)
 - (Lady echos Man's Turn)