

AMERICAN
BALLROOM DANCING
CHA CHA - MAMBO

Basic rhythm and time for man (lady does opposite)

Step left (direction optional)	SLOW	count 1	(or 2)
Step right " "	SLOW	count 2	(or 3)
Step left " "	QUICK	count 3	(or 4)
Step right " "	QUICK	count &	(or &)
Step left " "	SLOW	count 4	(or 1)

(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 change sides
 with partner on the arch turn
 Back " " " , right turn
5. Cha-Cha-Polka
6. Mambo - (leave out Cha-Cha - change count) - (break on ct 2)
7. Cha-Cha Chase (Full Turn - Half Turn)
 (Lady echos Man's Turn)
 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.