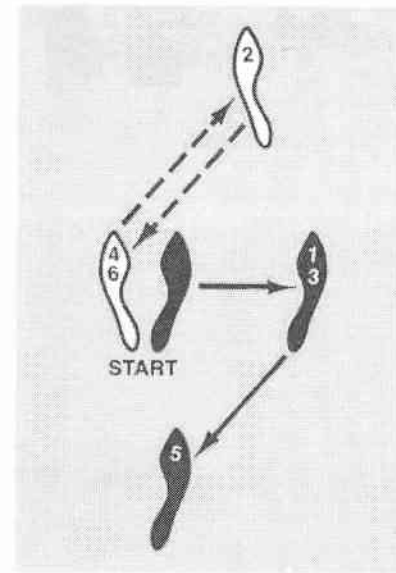
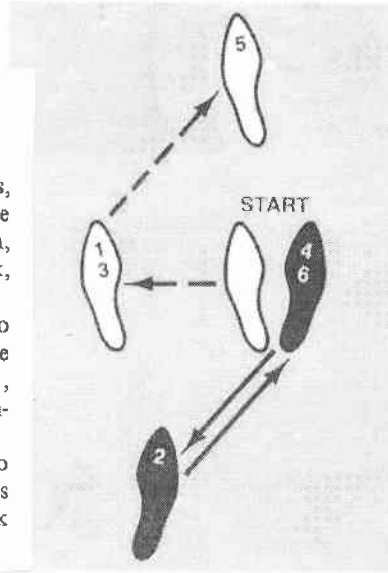


THE MAMBO and THE BOLERO

The Mambo combines African rhythm, Cuban-flavored Spanish folk songs, and American jazz, all mixed together and rearranged. Mambo music uses the same distinctive drum and gourd instruments as the Rumba and, like Rumba, is counted as slow, quick, quick--a slow count taking twice as long as a quick, thus totaling four beats to each measure.

Before you try the Mambo pattern, you will find it helpful to listen to several full recordings of the music. (See the Index on the back cover for the Mambo music in *Dance Party*.) Try counting the measures aloud either as 1, 2, 3, 4 or slow, quick, quick. As you become more proficient, try using Rumba motion (see page 10) in the Mambo.

The Bolero employs the same step patterns as the Mambo, but it is done to much slower, more flowing and romantic music. The side steps are sometimes bigger than in the Mambo, but Bolero timing has the same slow, quick, quick count.



The Basic Mambo and Bolero

MAN'S PART

1. Step to left side with left foot (slow).
2. Step back with right foot, accenting step (quick).
3. Step in place with left foot (quick).
4. Step side with right foot (slow).
5. Step forward with left foot, accenting step (quick).
6. Step in place with right foot (quick).

WOMAN'S PART

1. Step to right side with right foot (slow).
2. Step forward with left foot, accenting step (quick).
3. Step in place with right foot (quick).
4. Step side with left foot (slow).
5. Step back with right foot, accenting step (quick).
6. Step in place with left foot (quick).

The Progressive Basic Mambo and Bolero, Back and Forward

MAN'S PART

1. Step back with left foot (slow).
2. Step back with right foot, accenting step (quick).
3. Step in place with left foot (quick).
4. Step forward with right foot (slow).
5. Step forward with left foot, accenting step (quick).
6. Step in place with right foot (quick).

WOMAN'S PART

1. Step forward with right foot (slow).
2. Step forward with left foot, accenting step (quick).
3. Step in place with right foot (quick).
4. Step back with left foot (slow).
5. Step back with right foot, accenting step (quick).
6. Step in place with left foot (quick).

