

The Mambo Basic

Hold 1, break on 2 · quick, quick, slow · two halves, eight beats per basic

Remember: never step on 1. Wait, then break on 2 and replace on 3, and close your feet on 4 and hold. Keep every step small and under your body: at mambo speed, big steps make you late.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1	Hold	Wait. Don't step
2	Quick	Small step forward on left
3	Quick	Weight back to right
4	Slow	Close left beside right, hold through 1
2	Quick	Small step back on right
3	Quick	Weight forward to left
4	Slow	Close right beside left, hold through 1

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1	Hold	Wait. Don't step
2	Quick	Small step back on right
3	Quick	Weight forward to left
4	Slow	Close right beside left, hold through 1
2	Quick	Small step forward on left
3	Quick	Weight back to right
4	Slow	Close left beside right, hold through 1

Your five-minute practice

- Minute 1:** play the count-along video and say "hold, two, three, four" out loud with it.
- Minutes 2-3:** dance your own part alone, no music. Stand still on every 1.
- Minute 4:** dance along with the slow practice track (120 beats per minute).
- Minute 5:** try the competition-tempo track (188 beats per minute) with tiny steps. Go back to slow if it falls apart.

Check yourself

- Did I stay still on 1 every time?
- Did my first step land on 2?
- Were my breaks small enough to keep up?
- Did I close my feet on 4 and hold?

When it feels easy

- Try it with a partner in a light hold, eight basics in a row.
- Practice with a song from the guide's list, like "Johnny's Mambo."
- Ask Amy about side breaks and the underarm turn.