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how to  
*mambo*



A  
MARTIN STERN  
SELF-INSTRUCTION BOOKLET

Price \$1.—

# how to mambo

by  
**MARTIN STERNEY**

Lead-in  
Basic Step  
Authentic Rhythm  
15 Breaks Described and Diagrammed

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## MAMBO

There seems to be some disagreement as to where and how the Mambo actually originated. Some people claim it originated in Cuba and then traveled to New York City; others maintain that the Mambo was cradled right here in New York City. According to this latter group, the Mambo is the offspring from the marriage between the Bolero Rhumba and the Lindy. These people claim that the Puerto Rican population in New York City combined the American Lindy with their native Bolero Rhumba. A person with a fairly adequate background in both these dances will find that this is quite true.

Whatever the origin, and despite the predictions of many dance instructors, the Mambo has become a national craze. It is unique in many respects. First, participants dance apart to a great extent, and the step patterns do not necessarily have to be the same. One is literally "on his own." Second, in most dances, one begins dancing on the first beat of the music which is generally an accented beat, whereas in the Mambo, one does not move on the first beat of the music but moves on the second beat. This is very often incorrectly called an "off-beat" Mambo. What is actually meant is that you are at rest on the first beat and start moving only on the second beat. This presents a problem as most dancers are accustomed to begin moving on the first beat of the music. Many people start to dance on the first beat of the music, placing the Mambo in a Rhumba category, rhythmically. With a little patience and practice, the true Mambo rhythm can be mastered.

It is necessary, therefore, when beginning to dance the Mambo to execute a special preparatory step to lead you into Mambo rhythm. The lead-in, or preparatory step, begins on the first accented beat of the music. Thereafter, there is no foot movement on the first beat of a measure. However, there may

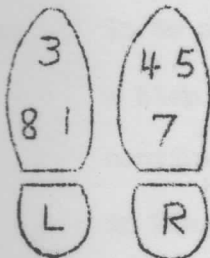
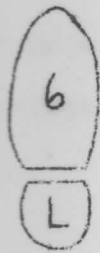
be a body movement. The preparatory step will be fully explained later on, after you have practiced doing the basic step. The purpose of reversing the sequence is to first give you an idea of the foot movement involved in dancing the basic step of the Mambo. It is important that you read the instructions on how to use this booklet in order to understand the diagrams and descriptions of the step patterns.

### HOW TO USE THIS BOOKLET

1. Study each diagram. Find starting position.
2. Note that the starting position is feet together.
3. Look for Number 2, and find numbers 3, 4, 5, 6, 7, 8, 1, in that order.
4. The following abbreviations are used:  
R = right foot  
L = left foot  
Wt = weight
5. Note which foot (L or R) is marked for each number.
6. Try to get a visual picture of the sequence of foot movements indicated by the numbers.
7. Read the word description and simultaneously apply it to the appropriate foot diagram.
8. Walk through each step SLOWLY.
9. Practice until you can do the step easily and smoothly.
10. Practice to music. Begin with a slow rhythm record and gradually increase tempo of the music.



# #1. BASIC STEP



START



Men: Practice the steps on this diagram, beginning with left foot. Begin with Step 6, 7, 8, 1, then 2, 3, 4, 5, in that order.

Women: Practice the basic step beginning with right foot. Begin with Step 2, 3, 4, 5, then 6, 7, 8, 1, in that order.

Musical  
Beat

Description  
of Step

2 ..... Step back on R

3 ..... Shift wt to L

4 ..... Bring R forward to side of L

5 ..... Pause for one beat

6 ..... Step forward on L

7 ..... Shift wt to R

8 ..... Bring L back to side of R

1 ..... Pause for one beat

Repeat the above.

When you have mastered the basic step, you are ready to learn the lead-in step which will prepare you to dance in Mambo rhythm. The lead-in step begins on the first beat of any measure of music. It consists of four evenly timed steps with a one beat pause after the fourth step. The result is that you are ready to move on the second beat of the following measure. Please note that the "at rest" or "pause" position for many Mambo dancers is to have the right foot slightly forward of the left foot when doing the basic step. However, for simplicity's sake, the foot diagrams indicate the starting position with feet together.

## General Instructions to Start Dancing the MAMBO

1. Begin on the accented beat of the music.
2. Do a lead-in (4 evenly timed steps).
3. Continue with the basic step pattern.

### Specific Instructions

Men: To do a lead-in, begin with Step #1. For the lead-in ONLY, #1 is a step in place with the left foot (instead of a pause). Then continue with 2, 3, 4, 5, 6, 7, 8, 1 - following the instructions in Diagram #1.

Women: To do a lead-in, start with step #5. For the lead-in ONLY, #5 is a step in place with the right foot (instead of a pause). Then continue with 6, 7, 8, 1, 2, 3, 4, 5 - following the instructions in Diagram #1.

When you have mastered the lead-in and basic step to music, you are ready to learn some variations of the basic step which are known as Mambo Breaks.

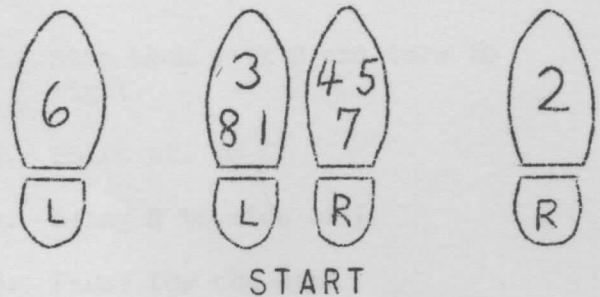
### I M P O R T A N T

In the Mambo Breaks, which are diagrammed and described on the following pages, men and women must place the feet together as indicated above the word "Start" and begin the step pattern with the Right Foot, which is always #2. You then continue with #3, 4, 5, 6, 7, 8, 1, then repeat, starting again with #2.

When you have learned a "break", practice doing a lead-in, a basic step, and the "break" pattern you have studied.

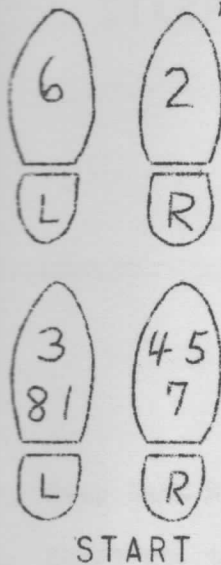
## # 2. SIDE CHARGES

2. Side step R
3. Shift wt. to L
4. Bring R to side of L
5. Pause for one beat
6. Side step L
7. Shift wt. to R
8. Bring L to side of R
1. Pause for one beat



START

## # 3. FORWARD CHARGES

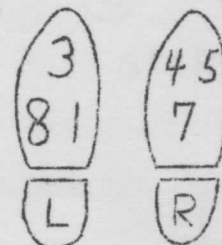


START

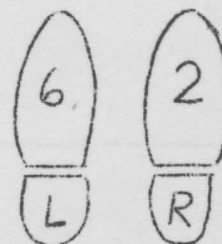
2. Step forward R
3. Shift wt. to L
4. Bring R to side of L
5. Pause for one beat
6. Step forward L
7. Shift wt. to R
8. Bring L to side of R
1. Pause for one beat

## # 4. BACK CHARGES

2. Step back R
3. Shift wt. to L
4. Bring R to side of L
5. Pause for one beat
6. Step back L
7. Shift wt. to R
8. Bring L to side of R
1. Pause for one beat

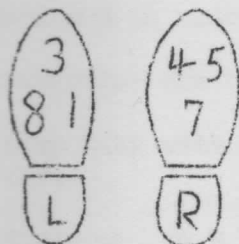


START





## #5. TWIST STEP



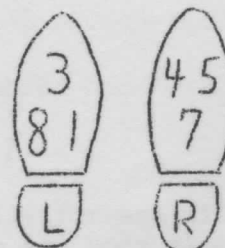
START



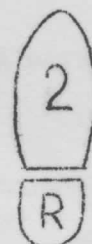
2. Step back with R and turn to right.
3. Shift wt. to L
4. Bring R to side of L
5. Pause for one beat
6. Step forward L
7. Shift wt. to R
8. Bring L back to side of R
1. Pause for one beat

## #6. MAMBO LOOK

2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Pause for one beat
6. Side step L
7. Shift wt. to R
8. Bring L to side of R
1. Pause for one beat

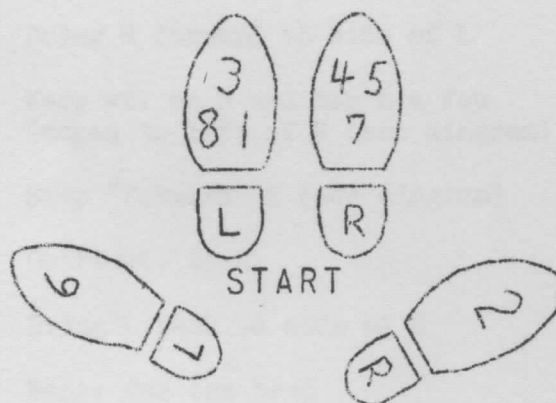


START

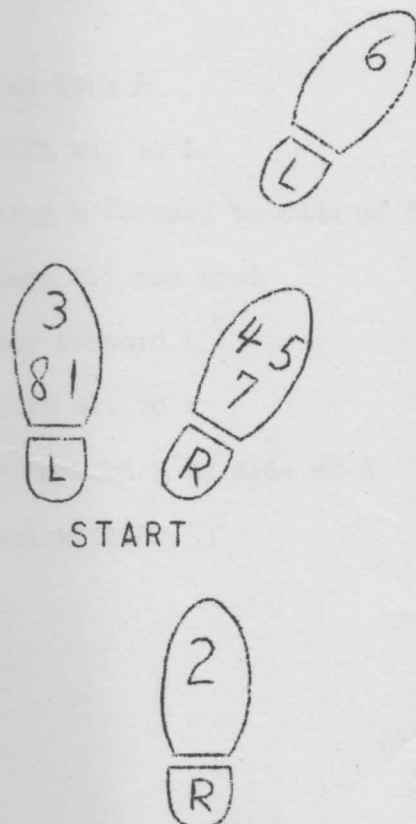


## #7. BACK CHARGE TURNS

2. Step back with R and turn to right
3. Shift wt. to L
4. Bring R to side of L
5. Pause for one beat
6. Step back with L and turn left
7. Shift wt. to R
8. Bring L to side of R
1. Pause for one beat

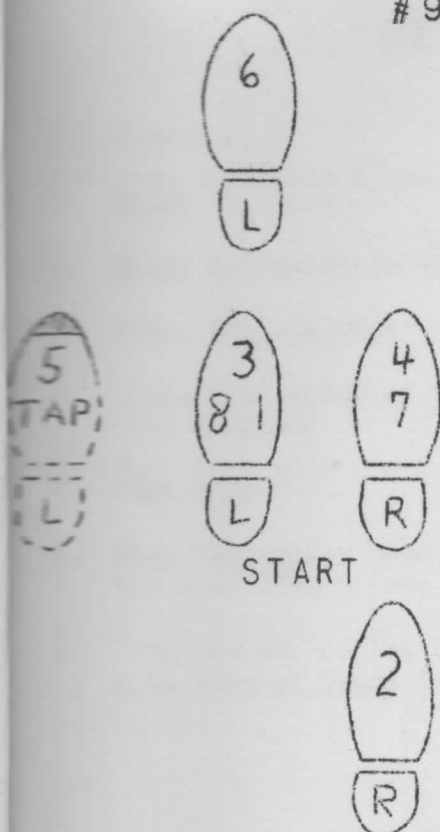


## #8. CROSS STEP



2. Step back with R
3. Shift wt. to L
4. Step diagonally forward with R and point toe and body slightly to the right
5. Pause for one beat
6. Step forward L (see diagram)
7. Shift wt. to R
8. Bring L back to starting position (see diagram)
1. Pause for one beat

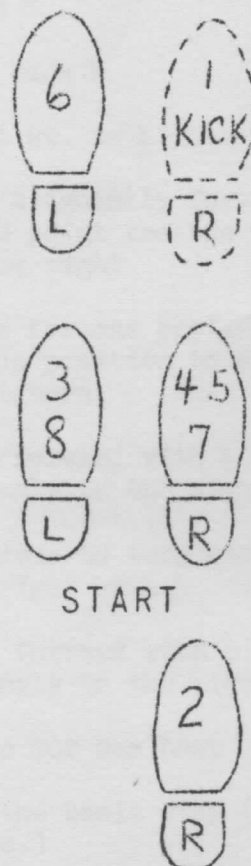
## #9. TAP STEP



2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Keep wt. on R and tap L a few inches to left of R (see diagram)
6. Step "forward" L (see diagram)
7. Shift wt. to R
8. Bring L back to side of R
1. Pause for one beat

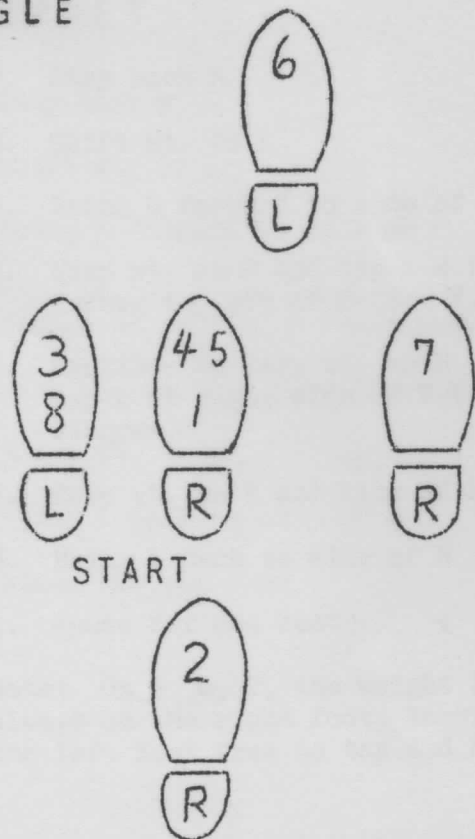
## #10. KICK STEP

2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Pause for one beat
6. Step forward L
7. Shift wt. to R
8. Bring L back to side of R
1. Kick with R



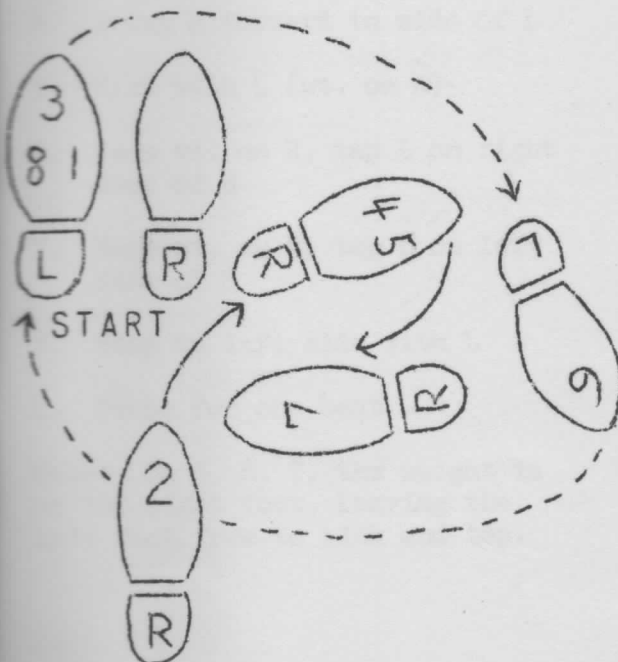
## # 11 TRIANGLE

2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Pause for one beat
6. Cross L in front of R (see diagram)
7. Side step R
8. Step diagonally back and to the side with L (see diagram)
1. Keep the wt. on the L, bring R to side of L and tap with R

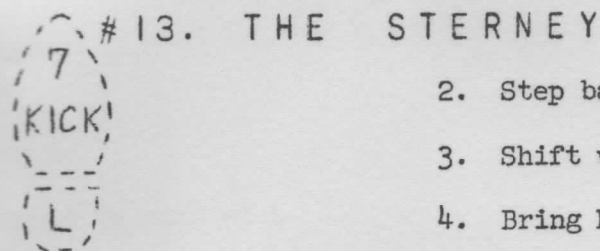


## # 12. RIGHT TURN

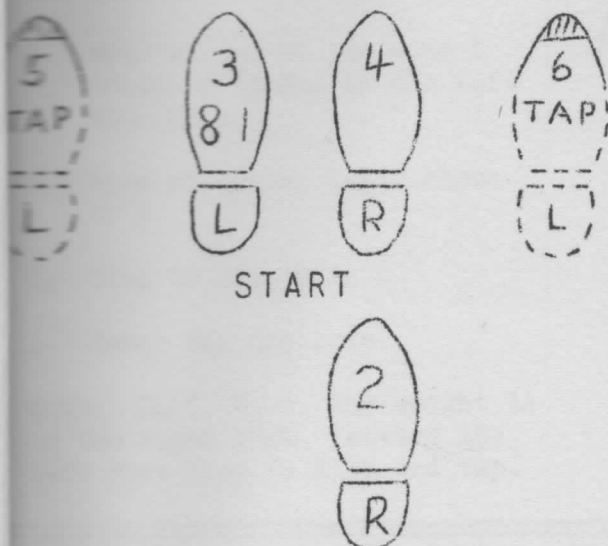
2. Step back R
3. Shift wt. to L
4. Step diagonally forward with R and point the toe and body to the right
5. Pause for one beat. You are now in position to execute a right turn.
6. Step forward with L turning strongly to the right
7. Continue to turn strongly to the right with R
8. Step forward with L turning strongly to the right
1. Pause for one beat



Go into the basic step (step back on R, etc.)



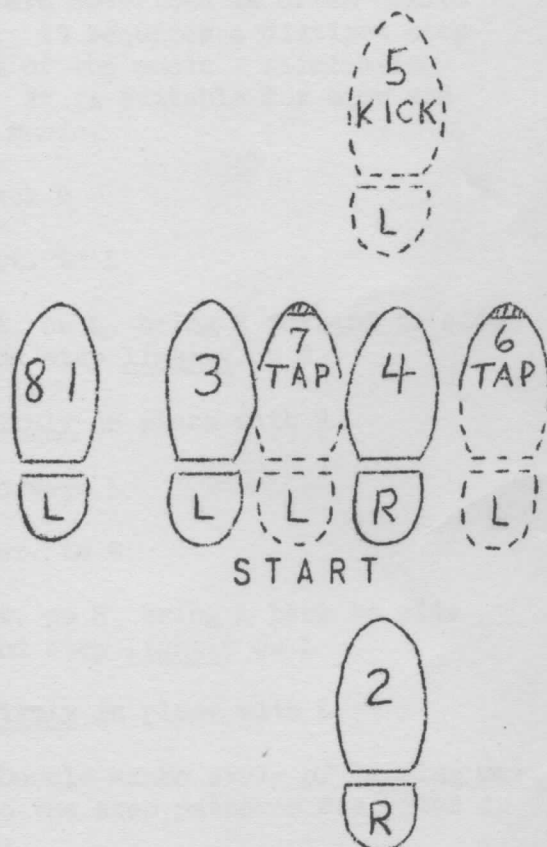
2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Keep wt. on R and tap L a few inches to left of R (see diagram)
6. Continue to keep wt. on R and tap L at right side of R (see diagram)
7. Keep wt. on R and kick with L
8. Bring L back to side of R
1. Pause for one beat



Note: On 5, 6, 7, the weight is always on the right foot, leaving the left foot free to tap and kick.

#### # 14. KICK-TAP-TAP STEP

2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Kick with L (wt. on R)
6. Keep wt. on R, tap L on right side of R
7. Keep wt. on R, tap L on left side of R
8. Step to left side with L
1. Pause for one beat



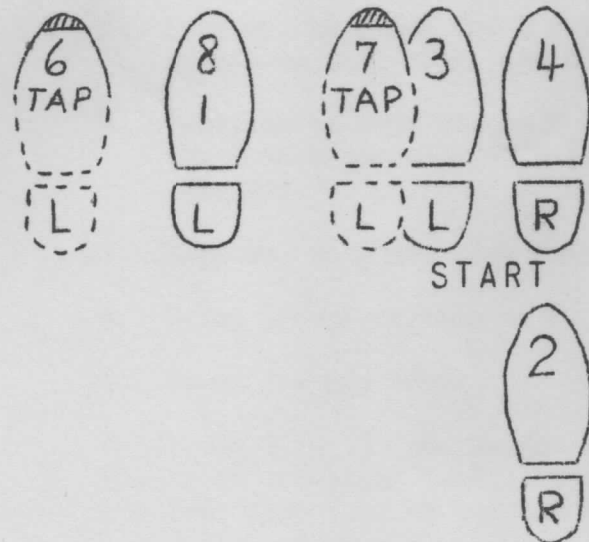
Note: On 5, 6, 7, the weight is on the right foot, leaving the left foot free to kick and tap.



## # 15. PENDULUM

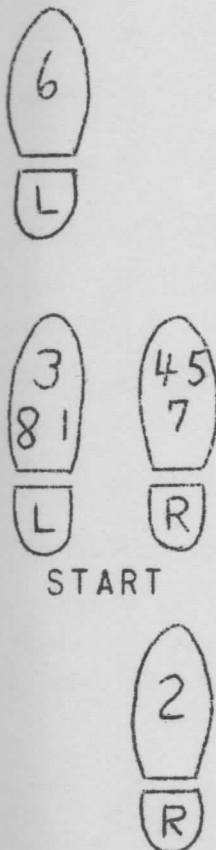
2. Step back R
3. Shift wt. to L
4. Bring R forward to side of L
5. Kick with L (wt. on R)
6. Keep wt. on R, tap with L about 12 inches to the left side of R
7. Keep wt. on R, tap L close to R
8. Step to side with L
1. Pause for one beat

Note: On 5, 6, 7, the weight is on the right foot, leaving the left foot free to kick and tap.



## # 16. SIMULATED DOUBLE MAMBO

The step pattern described is often called Double Mambo. It requires a distinct step for each beat of the music - eliminating the "pause". It is suitable for slow and medium tempo music.



2. Step back R
3. Shift wt. to L
4. Keep wt. on L, bring R forward to side of L and step lightly on R
5. Step firmly in place with R
6. Step forward L
7. Shift wt. to R
8. Keep wt. on R, bring L back to side of R and step lightly on L
1. Step firmly in place with L

Note: This Double Mambo style of dancing may be applied to the step patterns described in this booklet.

