

HEDY MCADAMS: “RUM & COCA COLA”

(a.k.a., “COWBOY MAMBO”)

A 48-count, 4-wall, adv-beginning-level line dance

(also presented as a simplified 24-count dance)

Choreographer: **HEDY MCADAMS**, “CACTUS ROSE Presents,” Palo Alto, CA (San Francisco Bay) ~ phone/fax: 650-322-6760 ~ hedy@bjt.net

Teaching note To confirm that you have the latest step sheet, visit Hedy’s web site: www.hedymcadams.com

Music/tempo: recommended: “Cowboy Mambo” by Tom Russell & Barrence Whitefield, 152/76 bpm, 32/16-ct. lead, “Do Not Disturb” CD; order info: “Hillbilly” Rick, phone 812-867-3401, fax 812-867-1082 (and his Web Site)

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2/8/06

A SIDE – HOLD – CROSS – HOLD SIDE – CROSS – SIDE – HOLD

Home/original wall=12:00 o’clock, begin with weight left (L).

- | | |
|------|-----------------------|
| 1, 2 | Step R to right, Hold |
| 3, 4 | Cross L over R, Hold |
| 5 | Step R to right |
| 6 | Cross L over R |
| 7, 8 | Step R to right, Hold |

B SIDE – HOLD – CROSS – HOLD SIDE – CROSS – SIDE – HOLD

You should be facing 12:00 wall, now, and your weight is R.

- | | |
|------|--|
| 1, 2 | Step L to left (and slightly back), Hold |
| 3, 4 | Cross R over L, Hold |
| 5 | Step L to left |
| 6 | Cross R over L |
| 7, 8 | Turn ¼ left [9:00] and step forward on L, Hold |

C STEP – PIVOT – STEP – PIVOT RIGHT – LOCK – RIGHT – HOLD

You should be facing 9:00 wall, now, and your weight is L.

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|------|---|
| 1 | Step forward on ball of R ^A |
| 2 | Pushing with R, pivot ¼ left [6:00] on L ^A |
| 3 | Step forward on ball of R ^A |
| 4 | Pushing with R, pivot ¼ left [3:00] on L ^A |
| 5 | Step forward on R (angle body slightly left) |
| 6 | Lock L behind R |
| 7, 8 | Step forward on R, Hold |

^AStyling note: use hips in a counter-clockwise circular motion to “round out” the pivots for counts C1-C4.

D STEP – PIVOT – STEP – PIVOT LEFT – LOCK – LEFT – HOLD

You should be facing 3:00 wall, now, and your weight is R.

- | | |
|------|--|
| 1 | Step forward on ball of L ^B |
| 2 | Pushing with L, pivot ¼ right [6:00] on R ^B |
| 3 | Step forward on ball of L ^B |
| 4 | Pushing with L, pivot ¼ right [9:00] on R ^B |
| 5 | Step forward on L (angle body slightly right) |
| 6 | Lock R behind L |
| 7, 8 | Step forward on L, Hold |

^BStyling note: use hips in clockwise circular motion to “round out” the pivots for counts D1-D4.

E CROSS – HOLD – BACK – HOLD SIDE – CROSS – SIDE – CROSS

You should be facing 9:00 wall, now, and your weight is L.

- | | |
|------|---|
| 1, 2 | Cross R over L (with wide swing of R foot), Hold |
| 3, 4 | Step back on L, Hold |
| 5 | Step R on a diagonal back/right |
| 6 | Cross L over R (progressing back/right on diagonal) |
| 7 | Step R on a diagonal back/right |
| 8 | Cross L over R (continue diagonal progression) |

F ROCK – HOLD – FORWARD – HOLD FORWARD – HOLD – PIVOT – HOLD

You should be facing 9:00 wall, now, and your weight is L.

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|------|---|
| 1, 2 | Rock-step back on R (opts: lean R shoulder back/right on diagonal—may lift left leg if it feels good), Hold |
| 3, 4 | Step forward on L, Hold |
| 5, 6 | Step forward on R (lean forward), Hold |
| 7 | Pivot ½ left [3:00] (in place) and shift weight L |
| 8 | Hold |

BEGIN AGAIN (Reset “clock” at 12:00.)

TEACH AS A 48- OR 24- COUNT DANCE

1. **Teaching to beginners:** Teachers have the option of teaching this as a 48-count dance (real time—to convey styling and concept) or a 24-count dance (1/2 time—easier for beginners to comprehend). Note that choreographer prefers teaching this as a 24-count dance. **If taught as a 24-count dance**, the following cues are recommended:

Counts 1-8:

1,2,3&4 SIDE – CROSS – SIDE/CROSS/SIDE
5,6,7&8 SIDE – CROSS – SIDE/CROSS/TURN

Counts 9-16:

1&2&3&4 STEP/PIVOT – STEP/PIVOT – RT/LOCK/RT
5&6&7&8 STEP/PIVOT – STEP/PIVOT – LEFT/LOCK/LEFT

Counts 17-24:

1,2,3&4& CROSS – BACK – SIDE/CROSS – SIDE/CROSS
5,6,7,8 ROCK – FORWARD – STEP – PIVOT

2. **Intermediate/advanced option:** dancers may enjoy this dance as a contra dance. Dancers should line up approximately 3-4 feet opposite and facing each other, positioned to pass each other easily if moving directly forward.