

# Ipanema Girl (Walker-Rollator)

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner - Walker

Choreographer: Ruben Luna (USA) - August 2016

Music: Girl from Ipanema - Melodies of Love



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Intro: 16

## RUMBA BOX

- 1-4 Step left side, step right together (within the width of the walker)
- 3-4 Step left forward, hold
- 5-8 Step right side, step left together (within the width of the walker)
- 7-8 Step right back, hold

## WALK BACK L-R-L, WALK FWD R-L-R (1/4 TURN LEFT FOR 8 COUNTS)

- 1-2 Step left back, step right back (beginning 1/4 turn left)
- 3-4 Step left back, hold
- 5-6 Step right forward, step left forward
- 7-8 Step right forward, hold (completing 1/4 turn left (9:00))

## MAMBO L FORWARD, MAMBO R FORWARD

- 1-2 Rock left forward, step right back
- 3-4 Step left together, hold
- 5-6 Rock right forward, step left back
- 7-8 Step right together, hold

## LEFT SIDE MAMBO, RIGHT SIDE MAMBO

- 1-4 Rock left side, recover to right
- 3-4 Step left together, hold
- 5-8 Rock right side, recover to left
- 7-8 Step right together, hold

REPEAT

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