

Broken Heart Mambo

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Judy Rodgers (USA) - February 2015
音乐: Me and My Broken Heart - Rixton



Alternate: She Be the One by Enrique Iglesias (intro 32 count)

#36 count intro

S1: Mambo forward, mambo back, paddle turns (3), step

1&2 Rock fwd R, recover L, step slightly back R
3&4 Rock back L, recover R, step slightly fwd L
5&6& Touch R, push ¼ left, touch R, push ¼ left □□□□ [6:00]
7&8 Touch R, push ¼ left, step fwd R □□□ □□ [3:00]

S2: Step pivot ¼ cross, scissor step, back, lock, back, side, cross bounce bounce turning ½ right

1&2 Step fwd L, pivot ¼ right step R to side, cross L over R □□ [6:00]
3&4 Step R to right, step L beside R, cross R over L
5&6& Step back L, lock R over L, step back L, step R to side
7&8 Cross L over R, bounce bounce heels turning ½ right (wt on L) [12:00]

S3: Walk, walk, step pivot ¾ touch, shuffle fwd, mambo step

1-2 Walk fwd R, walk fwd L
3&4 Step fwd R, turn ¾ left, touch R beside L □□□□ [3:00]
5&6 Shuffle fwd R L R
7&8 Rock fwd L, recover R, step slightly back L

S4: Back, back, coaster step, mambo turn ½, paddle ¼ left (2)

1-2 Walk back R, L
3&4 Step back R, step L beside R, step fwd R
5&6 Rock fwd L, recover R, turn ½ left step fwd L □ [6:00]
7&8& Touch R, push ¼ left, touch R, push ¼ left (weight on L) □□ [3:00]

S5: Cross rock side, cross rock turn ¼, step together (3), step

1&2 Cross rock R over L, recover L, step R to right side
3&4 Cross rock L over R, recover R, turn ¼ left step fwd L □ [12:00]

** Restart here on wall 2 after 36 counts when using 'Me and my Broken Heart **

5& Turn 1/8 left step R to right diagonal, step L beside R □ [10:30]
6& Step R to right diagonal, step L beside R
7& Step R to right diagonal, step L beside R
8 Turn ¼ right step R fwd □□□□□ [1:30]

S6: Mambo step, sweep sailor turn 3/8, rocking chair, step, touch

1&2 Rock fwd L, recover R, step back L,
3&4 Sweep R around L turn 3/8 right step R behind L, step L to side, step R to side □ [6:00]
5&6& Rock fwd L, recover R, rock back L, recover R
7-8 Big step fwd L, touch R beside L

One Restart When Using 'Me And My Broken Heart':

On Wall 2, after 36 counts, restart the dance from the beginning facing [6:00]

No Tags Or Restarts Using 'She Be The One'.

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