

# My Mamacita (性感美女) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Rep Ghazali (SCO) - 2008年03月  
音乐: Mamacita - Banaroo : (CD: Amazing)



前奏 : Start on vocal 唱歌起跳

## 第一段 Right Rock-Recover, Right Cross Shuffle, Weave 右下沉-回復, 右交叉交換, 藤步

- 1-2 Rock Right To Right Side, Recover On Left 右足右下沉, 左足回復
- 3&4 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Step Left To Left Side, Cross Right Behind Left  
左足左踏, 右足於左足後交叉踏
- 7-8 Step Left To Left Side, Cross Right Over Left (12)  
左足左踏, 右足於左足前交叉踏(12點鐘)

## 第二段 Left Rock-Recover, Left Cross Shuffle, ¾ Turn, Step-¼ Pivot Turn 左下沉-回復, 左交叉交換, 轉3/4, 踏轉1/4

- 1-2 Rock Left To Left Side, Recover On Right 左足左下沉, 右足回復
- 3&4 Cross Left Over Right, Step Right To Right Side, Cross Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 ¼ Turn Left Stepping Back Right, ½ Turn Left Stepping Forward Left (3) 左轉90度右足後踏, 左轉180度左足前踏(3點鐘)
- 7-8 Step Forward Right, ¼ Pivot Turn Left (12)  
右足前踏, 左轉90度(12點鐘)

## 第三段 Cross Rock-Recover, ¼ Turn Shuffle, ¼ Turn-Together-¼ Turn, ¼ Turn-Together- ¼ Turn 交叉下沉-回復, 轉1/4交換, 轉1/4併轉1/4, 轉1/4併轉1/4

- 1-2 Cross Rock Right Over Left, Recover On Left  
右足於左足前交叉下沉, 左足回復
- 3&4 ¼ Turn Right Stepping Forward Right, Step Left Together, Step Forward Right (3) 右轉90度右足前踏, 左足併踏, 右足前踏
- 5&6 ¼ Turn Right Stepping Left To Left Side, Step Right Together, ¼ Turn Left Stepping Forward Left  
右轉90度左足左踏, 右足併踏, 左轉90度左足前踏
- 7&8 ¼ Turn Left Stepping Right To Right Side, Step Left Together, ¼ Turn Right Stepping Forward Right  
左轉90度右足右踏, 左足併踏, 右轉90度右足前踏

## 第四段 Step-½ Pivot, Rock Forward-Recover, Sweep-Sweep, Coaster Cross 踏轉1/2, 前下沉-回復, 旋繞-旋繞, 交叉海岸步

- 1-2 Step Forward Left, ½ Pivot Turn (9) 左足前踏, 轉180度(9點鐘)
- 3-4 Rock Forward Left, Recover On Right 左足前下沉, 右足回復
- 5-6 Sweep Left From Front To Back And Step Behind Right, Sweep Right From Front To Back And Step Behind Left  
左足由前繞至右足後踏, 右足由前繞至左足後踏
- 7&8 Step Back Left, Step Right Together, Cross Left Over Right (9)  
左足後踏, 右足併踏, 左足於右足前交叉踏(9點鐘)

- 第五段 Side Rock-Recover ¼ Turn, Shuffle Forward, Full Turn, Step-½ Pivot**  
側下沉-回復轉1/4, 前交換, 轉圈, 踏轉1/2
- 1-2 Rock Right To Right Side, ¼ Turn Left Recover On Left (6)  
右足右下沉, 左轉90度左足回復
- 3&4 Step Forward Right, Step Left Together, Step Forward Right  
右足前踏, 左足併踏, 右足前踏
- 5-6 ½ Turn Right Stepping Back Left, ½ Turn Right Stepping Forward Right (6) 右轉180度左足後踏,  
右轉180度右足前踏(6點鐘)  
(Easier Option: Skate Left, Skate Right) 簡易版:左滑冰, 右滑冰
- 7-8 Step Forward Left, ½ Pivot Turn Right (12)  
左足前踏, 右轉180度(12點鐘)
- 第六段 Step-Scuff, Cross-Back, ¼ Turn-Scuff, Cross-Back**  
踏-擦踢, 交叉-後, 轉1/4-擦踢, 交叉-後
- 1-2 Step Forward Left, Scuff Forward On Right 左足前踏, 右足前擦踢
- 3-4 Cross Right Over Left, Step Back Left 右足於左足前交叉踏, 左足後踏
- 5-6 ¼ Turn Right Stepping Forward Right, Scuff Forward On Left (3)  
右轉90度右足前踏, 左足前擦踢(3點鐘)
- 7-8 Cross Left Over Right, Step Back Right (9)  
左足於右足前交叉踏, 右足後踏(9點鐘)
- 第七段 Rock Back-Recover, Shuffle Forward, Rock-Recover, ¼ Turn Chasse**  
後下沉-回復, 前交換, 下沉-回復, 轉1/4追步
- 1-2 Rock Back Left, Recover On Right 左足後下沉, 右足回復
- 3&4 Step Forward Left, Step Right Together, Step Forward Left  
左足前踏, 右足併踏, 左足前踏  
(Optional Step: Triple Full Turn Right By Stepping Forward Left-Right-Left) 選擇版:小三步右轉  
圈(左, 右, 左)
- 5-6 Rock Right Over Left, Recover On Left  
右足於左足前下沉, 左足回復
- 7&8 ¼ Turn Right Stepping Right To Right Side, Step Left Together, Step Right To Right Side (6) 右  
轉90度右足右踏, 左足併踏, 右足右踏(6點鐘)
- 第八段 Right Weave With Point, Cross-Point, Left Sailor Step**  
右藤步點, 交叉-點, 左水手步
- 1-2 Cross Left Over Right, Step Right To Right Side  
左足於右足前交叉踏, 右足右踏
- 3-4 Step Left Behind Right, Point Right To Right Side  
左足於右足後踏, 右足右點
- 5-6 Cross Right Over Left, Point Left To Left Side  
右足於左足前交叉踏, 左足左點
- 7&8 Cross Left Behind Right, Step Right To Right Side, Step Left To Left Side (6) 左足於右足後交叉  
踏, 右足右踏, 左足左踏(6點鐘)
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