

Proudly S.A. Mambo

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marie Louw (SA) - June 2016
音乐: Wie se Kind is Jy? - Dr. Victor & The Rasta Rebels



INTRO: 32 Counts. Start on vocals

RUMBA BOX, R LOCK STEP BACK, 1/2 L TURNING SHUFFLE

1&2 Step R, Step L next to R, Step R forward
3&4 Step L, Step R next to L, Step L back
5&6 Step back on R, cross L over R, step back on R
7&8 1/2 L turn, L forward, R next to L, Step L

R HEEL-TOE, HEEL TOE, SWIVEL HEELS OUT AND TOGETHER AND OUT REPEAT ON LEFT

1&2& R heel forward, R toe next to L, R heel forward, R toe next to L
3&4 Swivel heels out and back together and out
5&6& L heel forward, L toe next to R, L heel forward, L toe next to R
7&8 Swivel heel out and back together and out

R MAMBO FORWARD, L MAMBO BACK, R MAMBO SIDE, 1/4 L TURNING SAILOR STEP

1&2 Rock forward onto R, Replace weight on L, bring R foot next to L foot
3&4 Rock L back, Replace weight onto R, bring L foot next to R foot
5&6 Rock to R side, Replace weight on L, bring R foot next to L foot
7&8 1/4 turn Left, L foot cross behind, R foot step to R, L foot step to L

R FORWARD ROCK, R SIDE ROCK, R COASTER STEP BACK. L FORWARD ROCK, L SIDE ROCK, L COASTER STEP BACK

1&2& Step forward on R, Replace weight onto L, Step R to R side, replace weight on L
3&4 R foot step back, L foot step next to R, R foot step forward
5&6& Step forward on L, Replace weight onto R, Step L to L side, replace weight on R
7&8 L foot step back, R foot next to L, L foot step forward

Enjoy and start again

Contact: louw@truewan.co.za