

New York Mambo (紐約曼波) (zh)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Nina Chen (TW) - 2018年04月
音乐: New york mambo - Renzo Tomassini



Intro: 48 counts

Sequence: A, A, Tag1, B, B/ A, A, Tag1, B, B/ A, A, A, B, A/ B, B, Tag2, A, Ending

Part A: (32 counts)

A1: GRAPEVINE R, HEEL - HOOK - HEEL - TOGETHER

1-4 Step RF to R - Cross LF behind RF - Step RF to R - Cross LF over RF
5-8 Touch R heel diagonal fwd - Hook RF over LF - Touch R heel diagonal fwd - Step RF beside LF
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足前跨
5-8 右足跟斜前點 - 右足抬起前跨 - 右足跟斜前點 - 右足併踏左足旁

A2: GRAPEVINE L, TOUCH (OUT - IN - OUT) - TOGETHER

1-4 Step LF to L - Cross RF behind LF - Step LF to L - Cross RF over LF
5-8 Touch L toe to L - Touch L toe beside RF - Touch L toe to L - Step LF beside RF
1-4 左足左踏 - 右足後跨 - 左足左踏 - 右足前跨
5-8 左足尖左點 - 左足尖點於右足旁 - 左足尖左點 - 左足併踏右足旁

A3: FWD MAMBO - KICK, COASTER STEP - SCUFF

1-4 Rock RF fwd - Recover on LF - Step RF beside LF - Kick LF fwd
5-8 Step LF back - Step RF beside LF - Step LF fwd - Scuff RF
1-4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 右足前踢
5-8 左足後踏 - 右足併踏左足旁 - 左足前踏 - 右足前擦踢

A4: FWD LOCK STEP - SCUFF, MAMBO 1/2 L - HOLD

1-4 Step RF fwd - Cross LF behind RF - Step RF fwd - Scuff LF
5-8 Rock LF fwd - Recover on RF - 1/2 turn L (6:00) step LF fwd - Hold
1-4 右足前踏 - 左足後跨 - 右足前踏 - 左足前擦踢
5-8 左足前下沉 - 重心回右足 - 右轉1/2 (6:00) 左足前踏 - 候

Part B: (32 counts)

B1: KICK - TOUCH - HITCH - TOGETHER, TWIST

1-4 Kick RF fwd to R diagonal - Touch RF beside LF - Hitch RF - Step RF beside LF
5-8 Twist both heel to R - Twist both heel back to the center - Twist both heel to R - Twist both heel back to the center
1-4 右足踢向右斜前方 - 右足點於左足旁 - 右足抬起 - 右足併踏左足旁
5-8 雙足跟扭至右方 - 雙足跟扭回原點 - 雙足跟扭至右方 - 雙足跟扭回原點

B2: KICK - TOUCH - HITCH - TOGETHER, TWIST

1-4 Kick LF fwd to L diagonal - Touch LF beside RF - Hitch LF - Step LF beside RF
5-8 Twist both heel to L - Twist both heel back to the center - Twist both heel to L - Twist both heel back to the center
1-4 左足踢向左斜前方 - 左足點於右足旁 - 左足抬起 - 左足併踏右足旁
5-8 雙足跟扭至左方 - 雙足跟扭回原點 - 雙足跟扭至左方 - 雙足跟扭回原點

B3: MONTEREY 1/4 TURN R (x2)

1-4 Touch RF to R - On ball of LF 1/4 turn R (3:00) step RF beside LF - Touch LF to L - Step LF beside RF

- 5-8 Touch RF to R - On ball of LF 1/4 turn R (6:00) step RF beside LF - Touch LF to L - Step LF beside RF
 1-4 右足右側點 - 左足向右墊轉1/4 (3:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁
 5-8 右足右側點 - 左足向右墊轉1/4 (6:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁

B4: JAZZ BOX

- 1-4 Cross RF over LF - Hold - Step LF back - Hold
 5-8 Step RF to R - Hold - Cross LF over RF - Hold
 1-4 右足前跨 - 候 - 左足後踏 - 候
 5-8 右足右踏 - 候 - 左足前跨 - 候

Tag1: After Wall 2, Wall 6 (12:00)

TS1: (R & L) SIDE - TOGETHER - SIDE - TOUCH

- 1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF
 5-8 Step LF to L - Step RF beside LF - Step LF to L - Touch RF beside LF
 1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁
 5-8 左足左踏 - 右足併踏左足旁 - 左足左踏 - 右足點於左足旁

TS2: FWD MAMBO - HOLD, TWIST

- 1-4 Rock RF fwd - Recover on LF - Step RF beside LF - Hold
 5-8 Twist both heel to R - Twist both heel back to the center - Twist both heel to L - Twist both heel back to the center
 1-4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 候
 5-8 雙足跟扭至右方 - 雙足跟扭回原點 - 雙足跟扭至左方 - 雙足跟扭回原點

Tag2: After Wall 15 (6:00) (same as B3 B4)

ST1: MONTEREY 1/4 TURN R (x2)

- 1-4 Touch RF to R - On ball of LF 1/4 turn R (3:00) step RF beside LF - Touch LF to L - Step LF beside RF
 5-8 Touch RF to R - On ball of LF 1/4 turn R (6:00) step RF beside LF - Touch LF to L - Step LF beside RF
 1-4 右足右側點 - 左足向右墊轉1/4 (3:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁
 5-8 右足右側點 - 左足向右墊轉1/4 (6:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁

ST2: JAZZ BOX

- 1-4 Cross RF over LF - Hold - Step LF back - Hold
 5-8 Step RF to R - Hold - Cross LF over RF - Hold
 1-4 右足前跨 - 候 - 左足後踏 - 候
 5-8 右足右踏 - 候 - 左足前跨 - 候

Ending: FWD - HOLD - PIVOT 1/2 L - HOLD, FWD - HOLD (hands style)

- 1-4 Step RF fwd - Hold - Pivot 1/2 turn L (12:00) weight on LF - Hold
 5-8 Step RF fwd - Hold (hands style)
 1-4 右足前踏 - 候 - 向左踏轉1/2 (12:00) 重心回左足 - 候
 5-8 右足前踏 - 候 (手部動作)

Have Fun & Happy Dancing !!!

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