

Mi MEDICINA de Amor XOX

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Val Saari (CAN) - October 2018
音乐: Mi Medicina - CNCO



SIDE TOE-STRUTS R, MAMBO RIGHT, SIDE TOE-STRUTS L, MAMBO LEFT

1&2& Touch RF toes to right side, Step RF heel down, Touch LF toes beside RF, Step LF heel down
3&4 Rock RF to right side, Recover LF, Step RF beside left
5&6& Touch LF toes to left side, Step LF heel down, Touch RF toes beside LF, Step RF heel down
7&8 Rock LF to left side, Recover RF, Step LF beside right

R TOE TOUCHES, CROSS-ROCK BACK, L TOE TOUCHES, CROSS-ROCK BACK

1-2 Touch RF toes forward twice
3&4 Cross-rock RF behind L, Recover LF, Step RF beside left
5-6 Touch LF toes forward twice
7&8 Cross-rock LF behind R, Recover RF, Step LF beside right

RAMBLES FORWARD X 2 (RL), RF ROCK FWD, LF RECOVER, RF MAMBO BACK PIVOT 1/4 R

1-2 RF point to right side, RF step forward in front of L
3-4 LF point to left side, LF step forward in front of R
5-6 Rock RF forward, Recover LF
7&8 Rock RF back pivot 1/4 R, Recover LF, Step RF beside L

RAMBLES FORWARD X 2 (LR), LF ROCK FWD, RF RECOVER, LF MAMBO BACK, FLICK R

1-2 LF point to left side, LF step forward in front of R
3-4 RF point to right side, RF step forward in front of L
5-6 Rock LF Forward, Recover RF
7&8& Rock LF back, Recover RF, Step LF beside R, Flick R heel up

REPEAT - No Tags, No Restarts

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