

Bao Dao Mambo

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 1 级数: Improver
编舞者: Jennifer Jou (TW) - August 2019
音乐: Bao Dao Mambo (寶島曼波) - Bobby Chen (陳昇)



Introduction : Solo + four drumbeats, then START

Sequence: TAGx2/80/ TAG /64/ TAGx2/80/ TAG /64/ TAG /24/ POSE

Sec 1: BACK,RECOVER,SIDE TOUCH,FORWARD,FORWARD,RECOVER,SIDE TOUCH,BACK

1-4 Rock RF back,recover on LF,touch RF to right side,step RF forward

5-8 Rock LF forward,recover on RF,touch LF to left side,step LF back

Sec 2: Repeat Sec 1

Sec 3: WEAVE LEFT, CROSS, RECOVER, CHASSE RIGHT

1-4 Cross RF over LF,step LF to left side,step RF behind LF,step LF to left side

5-6 Cross RF over LF,recover on LF

7&8 Step RF to right side,step LF beside RF,step RF to right side

Sec 4: WEAVE RIGHT, CROSS, RECOVER, CHASSE LEFT

1-4 Cross LF over RF,step RF to right side,step LF behind RF,step RF to right side

5-6 Cross LF over RF,recover on RF

7&8 Step LF to left side,step RF beside LF,step LF to left side

Sec 5: RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, 1/2 LEFT PIVOT TURN, RIGHT SHUFFLE FORWARD

1-2 Step RF forward,step LF behind RF,step RF forward

3-4 Step LF forward,step RF behind LF, step LF forward

5-6 Step RF forward,pivot 1/2 turn lefttakingweight on LF (6:00)

7&8 Step RF forward,step LF behind RF,step RF forward

Sec 6: LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, 1/2 RIGHT PIVOT TURN, LEFT SHUFFLE FORWARD

1&2 Step LF forward,step RF behind LF, step LF forward

3&4 Step RF forward,step LF behind RF,step RF forward

5-6 Step LF forward,pivot 1/2 turn right taking weight on RF (12:00)

7&8 Step LF forward,step RF behind LF, step LF forward

Sec 7: (CROSS FORWARD, TOUCH) X 2, (CROSS BEHIND, TOUCH) X 2

1-4 Cross RF over LF,touch LF to left side,cross LF over RF,touch RF to right side

5-8 Cross RF behind LF,touch LF to left side,cross LF behind RF,touch RF to right side

Sec 8: (1/8 TURN RIGHT + WALK) X 2, 1/4 TURN RIGHT FORWARD SHUFFLE, (1/8 TURN RIGHT + WALK) X 2, 1/4 TURN RIGHT FORWARD SHUFFLE

1-2 Make 1/8 turn right stepping RF forward, make 1/8 turn right stepping LF forward (3:00)

3&4 Make 1/4 turn right stepping RF forward,step LF behind RF,step RF forward (6:00)

5-6 Make 1/8 turn right stepping LF forward, make 1/8 turn right stepping RF forward (9:00)

7&8 Make 1/4 turn right stepping LF forward,step RF behind LF, step LF forward (12:00)

Sec 9: FORWARD, FORWARD, MAMBO FORWARD, BACK, BACK, MAMBO BACK

1-2 Walk forward on RF, walk forward on LF

3&4 Rock RF forward,recover on LF,step RF back

5-6 Step LF back,step RF back

7&8 Rock LF back, recover on RF, step LF forward

Sec 10: ROCK, RECOVER, TRIPLE STEPS (RF-LF-RF), ROCK, RECOVER, TRIPLE STEPS (LF-RF-LF)

1-2 Rock RF to right side, recover on LF

3&4 Step triple steps in place (RF-LF-RF)

5-6 Rock LF to left side, recover on RF

7&8 Step triple steps In place (LF-RF-LF)

TAG : OUT, OUT, IN, IN, SIDE & HIP BUMPS, HIP BUMPS

1-4 Step RF out to right side, step LF out to left side, step RF back to center, step LF next to RF

5&6 Step RF to right side and bump hips to right side twice

7&8 Bump hips to left side twice

POSE: At end of the dance, dance up to the 23st count and the singer says “跌倒”, then strike a pose of falling down to end the dance.

Enjoy it!!

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