

Mamacita Lalala

COPPER KNOB
STEPSHEETS

拍数: 144 墙数: 1 级数: Phrased Advanced
编舞者: Marian Collado (ES) - March 2022
音乐: Mamacita (feat. Farruko) - Jason Derulo



INTRO.: 8 Counts from first beat. (approx. 14 secs)

Sequence: A, B, TAG1, C, TAG2, D, B, TAG3, C, B, TAG4, C, ENDING

PART A: 32 Counts

[1-8] CROSS, BACK, CROSS SHUFFLE, STEP, 1/2 TURN, HITCH X 2

1-2 RF cross over LF (1), LF step back (2)
3&4 RF cross over LF (3), LF to L side (&), RF cross over LF (4)
5-6 LF step fwd. (5), 1/2 Turn R (6) (6:00)
7&8 RF hitch (7), RF step fwd (&), RF hitch (8)

[9-16] STEP X 2, MAMBO STEP, STEP BACK X 2, COASTER STEP

1-2 RF step fwd.(1), LF step fwd (2)
3&4 RF step fwd. (3), LF recover(&), RF step backward(4)
5-6 LF step back (5), RF step back (6)
7&8 LF step bwd. (7), RF beside LF (&), LF step fwd. (8)

[17-24] 1/4 TURN SHUFFLE R, 1/2 TURN SHUFFLE L,PUSH SIDE,1/8 TURN PUSH X 2, CLOSE

1&2 1/4 Turn R RF cross over LF (1), LF step to L side(&), RF cross over LF(2) (9:00)
3&4 1/2 Turn L LF cross over RF (3), RF step to R side(&), LF cross over LF(4) (3:00)
5-6 RF push R side (5), 1/8 turn L RF push R side (6)
7-8 1/8 turn L RF push R side(7),RF close together LF(8) (12:00)

[25-32] 1/8 TURN PUSH X3, CLOSE, MAMBO SIDE R&L

1-2 1/4 Turn R LF push L side(1), 1/8 turn R LF push L side (2)
3-4 1/8 Turn R LF push L side (3)(, LF close together RF(4) (6:00)
5&6 RF step R side(5), LF recover(&), RF step together LF(6)
7&8 LF step L side(7), RF recover (&), LF step together RF(8)

PART B : 32 Counts

[1-8] DIAMOND

1&2 RF fwd with 1/8 turn L (1) (4:30), LF step back with 1/4 turn R (&)(7:30),RF step back (2)
3&4 LF step back (3), RF step side with 1/8 turn (&) (9:00), LF step fwd with 1/8 turn R (4) (10:30)
5&6 RF step fwd (5), LF step side with 1/8 turn R (&)(12.00), RF step back with 1/8 turn R (6)
 (13:30)
7&8 LF step back (7), RF step side(&)(3:00), LF step fwd with 1/8 turn R(8) (4:30)

[9-16] 1/8 TURN WEAVE & SWEEP , CROSS BACK & SWEEP X 2, COASTER STEP, STEP ,1/2 TURN L

1&2 RF step fwd (1), 1/8 turn R LF step L side (&)(6:00),RF step cross behind & sweep LF (2)
3-4 LF cross behind & sweep RF (3), RF cross behind & sweep LF (4)
5&6 LF step bwd. (5), RF beside LF (&), LF step fwd. (6)
7-8 RF step fwd (6),1/2 turn L (7) (12:00)

[17-24] DIAMOND

1&2 RF fwd with 1/8 turn L (1) (9:30), LF step back with 1/4 turn R (&)(13:30),RF step back
3&4 LF step back (3), RF step side with 1/8 turn (&) (3:00), LF step fwd with 1/8 turn R (4) (4:30)
5&6 RF step fwd (5), LF step side with 1/8 turn R (&)(6.00), RF step back with 1/8 turn R (6)
 (7:30)
7&8 LF step back (7), RF step side(&)(9:00), LF step fwd with 1/8 turn R(8) (10:30)

[25-32] 1/8 TURN WEAVE & SWEEP , 2 X CROSS BACK & SWEEP, COASTER STEP, STEP ,1/2 TURN L

- 1&2 RF step fwd (1), 1/8 turn R LF step L side (&)(12:00),RF step cross behind & sweep LF (2)
3-4 LF cross behind & sweep RF (3), RF cross behind & sweep LF (4)
5&6 LF step bwd. (5), RF beside LF (&), LF step fwd. (6)
7-8 RF step fwd (7),1/2 turn L (8) (6:00)

TAG 1 ,3 & 4

PART C: 32 Counts (6:00)

[1-8] HIP ROLLS X 4, ¼ TURN L HIP ROLL, HIP ROLL X 3,

- 1-2 Hip roll to the L(1), Hip roll to the L(2)
3-4 Hip roll to the L(3), Hip roll to the L(4)
5-6 1/4 Turn L side & RF step R side With a hip roll to the L(5), Hip roll to the L(6)(3:00)
7-8 Hip roll to the L(7), Hip roll to the L(8)

[9-16] ¼ TURN L HIP ROLL, HIP ROLL X 3,HEEL OUT R&L X 2, DOUBLE HEEL R OUT

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L(1), Hip roll to the L(2) (12:00)
3-4 Hip roll to the L (3), Hip roll to the L (4)
5&6& RF heel out(5), RF heel in stepping(&)LF hell out(6), LF heel in stepping(&)
7&8& RF heel out(7), RF heel in stepping(&),RF heel out(8), RF heel in stepping(&)

OPTIONAL: During counts 5 to 8 place one hand on top of the other hand, with the arms stretched towards the ground, at the level of the abdomen with the knees slightly bent.

[17-24] HIP ROLLS X 4, ¼ TURN L HIP ROLL, HIP ROLL X 3,

- 1-2 Hip roll to the L (1), Hip roll to the L (2)
3-4 Hip roll to the L (3), Hip roll to the L (4)
5-6 1/4 Turn L side & RF step R side with a hip roll to the L (5), Hip roll to the L (6)(9:00)
7-8 Hip roll to the L (7), Hip roll to the L (8)

[25-32] ¼ TURN L HIP ROLL, HIP ROLL X 3, HEEL OUTX 2 R&L, DOUBLE HEEL R

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L (1), Hip roll to the L (2) (6:00)
3-4 Hip roll to the L (3), Hip roll to the L (4)
5&6& RF heel out(5), RF heel in stepping(&)LF hell out(6), LF heel in stepping(&)
7&8& RF heel out(7), RF heel in stepping(&),RF heel out(8), RF heel in stepping(&)

TAG 2 y ENDING

PART D: 48 counts (12:00)

[1-8] MAMBO FWD & BACK L, STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH

- 1&2 RF step fwd (1), LF recover (&), RF step back (2)
3&4 LF step back (3), RF recover (&), LF step fwd(4)
5&6& RF step fwd slightly to the diagonal (5), LF touch next to RF (&), LF step fwd slightly to the diagonal (6), RF touch to LF (&)
7&8& RF step fwd slightly to the diagonal (7), LF touch next to RF (&), RF step fwd slightly to the diagonal (8), LF touch next to RF (&)

[9-16] STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH, 1/4 TURN ROCKING CHAIRX 2

- 1&2& LF step back slightly to the diagonal (1), RF touch next to LF (&), RF step back slightly to the diagonal (2), LF touch to RF (&)
3&4& LF step back slightly to the diagonal (3), RF touch next to LF (&), LF step back slightly to the diagonal (4), RF touch next to RF (&)
5&6& 1/4 turn L RF rock fwd(5),LF recover (&),RF rock back (6), LF recover (&) (9:00)
7&8& 1/4 turn L RF rock fwd(7),LF recover (&),RF rock back (8), LF recover (&) (6:00)

[17-24] SAMBA ROCK R&L, CROSS SIDE HEEL, VAUDEVILLE

- 1&2 RF cross over LF (1), LF rock side (&),RF recover (2)
3&4 LF cross over RF (3), RF rock side (&), LF recover (4)

- 5&6 RF cross over RF (5), LF step side (&), RF heel to diagonal (6)
 &7&8& RF step next to LF (&) LF cross over RF (7) RF step R side(&)LF heel to diagonal(8)LF next to RF(&)

[25-32] MAMBO FWD & BACK, STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH

- 1&2 RF step fwd (1), LF recover (&), RF step back (2)
 3&4 LF step back (3), RF recover (&), LF step fwd(4)
 5&6& RF step fwd slightly to the diagonal (5), LF touch next to RF (&), LF step fwd slightly to the diagonal (6), RF touch to LF (&)
 7&8& RF step fwd slightly to the diagonal (7), LF touch next to RF (&), RF step fwd slightly to the diagonal (8), LF touch next to RF (&)

[33-40] STEP TOUCH, STEP TOUCH, DOUBLE STEP TOUCH, 1/4 TURN ROCKING CHAIRX 2

- 1&2& LF step back slightly to the diagonal (1), RF touch next to LF (&), RF step back slightly to the diagonal (2), LF touch to RF (&)
 3&4& LF step back slightly to the diagonal (3), RF touch next to LF (&), LF step back slightly to the diagonal (4), RF touch next to RF (&)
 5&6& 1/4 turn L RF rock fwd(5),LF recover (&),RF rock back (6), LF recover (&) (3:00)
 7&8& 1/4 turn L RF rock fwd(7),LF recover (&),RF rock back (8), LF recover (&) (12:00)

[41-48] SAMBA ROCK R&L,CROSS SIDE HEEL,VAUDEVILLE

- 1&2 RF cross over LF(1),LF rock side (&),RF recover (2)
 3&4 LF cross over RF(3),RF rock side (&),LF recover (4)
 5&6 RF cross over LF (5)LF step side (&),RF heel to diagonal (6)
 &7&8& RF step next to LF(&)LF cross over RF(7) RF step R side(&)LF heel to diagonal(8),LF next to RF(&)

TAG 1 At the end off PART B (6:00)

[1-4] OUT X 2, HOLD X 2

- 1-2 RF step R side(1), LF step L side (2)
 3-4 The L hand holds the left waist and at the same time the R arm is stretched forward during the hold (3), turning the trunk of the body slightly to L we make the sign of silence with the R hand bringing it towards our mouth only our gaze is at 12:00 during the hold (4)

TAG 2 At the end of PART C (6:00)

[1-8] 2 X 1/4 TURN L HIP ROLL, HIP ROLL X 3

- 1-2 1/4 Turn L side & RF step R side with a hip roll to the L (1), Hip roll to the L (2) (3:00)
 3-4 Hip roll to the L(3), Hip roll to the L(4)
 5-6 1/4 Turn L side & RF step R side with a hip roll to the L (5), Hip roll to the L (6) (12:00)
 7-8 Hip roll to the L (7), Hip roll to the L(8)

TAG 3 At the end of PART B (12:00)

[1-4] OUT X 2, HOLD X 2

- 1-2 RF step R side(1), LF step L side (2)
 3-4 The L hand holds the left waist and at the same time the R arm is stretched forward during the hold (3), we make the sign of silence with the R hand bringing it towards our mouth during the hold (4)

TAG 4 At the end of PART B (12:00)

[1-4] OUT X 2, HOLD X 2

- 1-2 RF step R side(1), LF step L side (2)
 3-4 The L hand holds the left waist during the hold(3) the R arm strikes with the clenched fist above twice during the hold (4)

ENDING At the end of PART C (12:00)

[1-8] HIP ROLLS X 8

- 1-2 Hip roll to the L(1), Hip roll to the L(2)

3-4 Hip roll to the L(3), Hip roll to the L(4)
5-6 Hip roll to the L(5), Hip roll to the L(6)
7-8 Hip roll to the L (7), Hip roll to the L(8)

TO GIVE ATTITUDE & TO HAVE A GOOD TIME!!!!

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<https://www.facebook.com> & INSTAGRAM (Marian Collado leal)
