

Suéltame Mambo

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Marian Collado (ES) - June 2022
音乐: suéltame (mambo remix DJC) - Christina Aguilera, TINÍ



Intro.: 32 counts

[1~8] WALK x2, MAMBO R&L, CROSS SHUFFLE

1-2 RF step fwd. (1), LF step fwd. (2)
3&4 RF step R side (3),recover on LF (&),RF together LF(4)
5&6 LF step L side(5),recover on RF (&), LF together RF(6)
7&8 RF cross over LF(7),LF step L side(&),RF cross over LF (8)

[9-16] MAMBO L&R, CROSS SHUFFLE, CROSS, STEP BACK WHIT ¼ TURN R

1&2 LF step L side(5),recover on RF (&), LF together RF(6)
3&4 RF step R side (3),recover on LF (&),RF together LF(4)
5&6 LF cross over RF(7),RF step R side(&),LF cross over RF (8)
7-8 RF cross over LF(7), LF step back with ¼ Turn R(8) {3:00}

[17-24] STEP SIDE,STEP FWD, JAZZ BOX WHIT ¼ TURN R, CHASSÉ

1-2 RF step R side(17),LF step Fwd.(2)
3-4 RF cross over LF(3),LF step back with ¼ Turn R(4){6:00}
5-6 RF step R side(17),LF step Fwd.(2)
7&8 RF step R side (7),LF together RF(&),RF step R side (8)

[25-32] CHASSÉ WHIT ¼ TURN R, SAILOR STEP, COASTER STEP, ROCKING CHAIR

1&2 LF step L side with ¼ Turn R (1){9:00},RF together LF(&)LF step L side
3&4 RF cross back LF(3),LF step L side (&)RF step R side(4)
5&6 LF step back(5), RF together LF(&), LF step Fwd. (6)
7&8& RF rock fwd.(7),LF recover(&),RF rock back (8),LF recover (&)