

# Man Bu Ren Sheng Lu (漫步人生路)

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Nina Chen (TW) - December 2022  
音乐: Man Bu Ren Sheng Lu (漫步人生路) - Yi Bei Chen Dou Jiang (一杯陈豆浆)



**Intro: 16 counts - No Tags or Restarts!**

**Sec1: CROSS POINT - R POINT - TOGETHER - L POINT , STEP BACK.(X3) - R POINT**

1-4            Point Rf over Lf - Point Rf to R - Step Rf beside Lf - Point Lf to L  
5-8            Step back (R L R) - Point Rf to R

**Sec2: CROSS - POINT - BEHIND - POINT, JAZZ BOX 1/4 R**

1-4            Cross Rf over Lf - Point Lf To L - Cross Lf behind Rf - Point Rf To R  
5-8            Cross Rf over Lf - 1/4 turn R (3:00) step Lf back - Step Rf to R - Cross Lf over Rf

**Sec3: SIDE - TOGETHER - SIDE - HITCH 1/4 L, SIDE - TOGETHER - 1/4 L FWD - BRUSH**

1-4            Step Rf to R - Step Lf beside Rf - Step Rf to R - Hitch Lf on ball 1/4 turn L (12:00) weight on Rf  
5-8            Step Lf to L - Step Rf beside Lf - 1/4 turn L (9:00) step Lf fwd - Brush Rf fwd

**Sec4: FWD MAMBO, BACK MAMBO, R SIDE MAMBO, L SIDE MAMBO**

1&2, 3&4      Rock Rf fwd - Recover on Lf - Step Rf back, Rock Lf back - Recover on Rf - Step Lf fwd  
5&6, 7&8      Rock Rf to R - Recover on Lf - Step Rf beside Lf, Rock Lf to L - Recover on Rf - Step Lf beside Rf

**Have Fun & Happy Dancing !!!**

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