

# Ipanema Girl (Walker-Rollator)

**COPPER KNOB**  
STEPSHETS

拍数: 32      墙数: 4      级数: Beginner - Walker  
编舞者: Ruben Luna (USA) - August 2016  
音乐: Girl from Ipanema - Melodies of Love



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, [ajluv2dans@gmail.com](mailto:ajluv2dans@gmail.com), Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Intro: 16

## RUMBA BOX

1-4      Step left side, step right together (within the width of the walker)  
3-4      Step left forward, hold  
5-8      Step right side, step left together (within the width of the walker)  
7-8      Step right back, hold

## WALK BACK L-R-L, WALK FWD R-L-R (1/4 TURN LEFT FOR 8 COUNTS)

1-2      Step left back, step right back (beginning 1/4 turn left)  
3-4      Step left back, hold  
5-6      Step right forward, step left forward  
7-8      Step right forward, hold (completing 1/4 turn left (9:00))

## MAMBO L FORWARD, MAMBO R FORWARD

1-2      Rock left forward, step right back  
3-4      Step left together, hold  
5-6      Rock right forward, step left back  
7-8      Step right together, hold

## LEFT SIDE MAMBO, RIGHT SIDE MAMBO

1-4      Rock left side, recover to right  
3-4      Step left together, hold  
5-8      Rock right side, recover to left  
7-8      Step right together, hold

REPEAT

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