

Got One

COPPER KNOB
STEPSHEETS

拍数: 30 墙数: 4 级数: Intermediate
编舞者: Debi Bodven (USA)
音乐: I Got a Girl - Lou Bega



INTRO

This happens only once. Wait the first 16 beats of the music, then do the Macarena: 1)Right hand out palm down; 2)Left hand out palm down; 3)right palm up; 4)left palm up; 5)right hand on left shoulder; 6)Left hand on right shoulder; 7)Right hand behind head; 8)Left hand behind head; 9)Right hand on left hip; 10)Left hand on right hip; 11)Right hand on right rear; 12)left hand on left rear 13)Kick left forward: &)Left in place; 14)Touch right toe in front; 15,16) 2 count body roll ending with weight on left

THE MAIN DANCE

MAMBO FRONT & BACK, TOGETHER, FORWARD

1&2 Rock forward right, recover weight on left, step back right
3-4 Step left together, step forward right
5&6 Rock forward left, recover weight on right, step back left
7-8 Step right together, step forward left

STEP, LOCK, STEP, ½ TURN RIGHT, CROSSING SHUFFLE, PUSH TURN

9&10 Step forward right, lock left behind right, step forward right
11-12 Step forward left, pivot ½ turn right
13&14 Cross left over right, step side right, cross left over right
15-16 Step side right, push off right while pivoting ¼ turn left (weight on left)

STEP, LOCK, STEP, KICK & TOE, KICK & TOUCH, SWEEP TURN

17&18 Step forward right, lock left behind right, step forward right
19&20 Kick left forward, step left together, touch right toe in place
21&22 Kick right forward, step right together, touch left toe in front
23-24 Sweep left toe front to back while pivoting ½ turn to left on ball of right

Weight is on right, left toe touch in place

STEP, LOCK, STEP, MAMBO RIGHT, MAMBO LEFT, TWIST & TURN

25&26 Step forward left, lock right behind left, step forward left
27&28 Rock side right, recover weight on left, cross right over left
29&30 Rock side left, recover weight on right, cross left over right

REPEAT
