

Mambo My Love

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Oon Yean Wee (MY) - October 2006
音乐: Mambo Rock - Bill Haley & The Comets : (Album: The Very best Of)



Intro 32 Counts

MAMBO RIGHT, MAMBO LEFT, HIP ROLLS WITH ½ TURN

- 1 & 2 Rock Right foot to Right side, recover weight on Left foot, cross Right foot over Left foot
3 & 4 Rock Left foot to Left side, recover weight on Right foot, cross Left foot over Right foot
5 & 6 & 7 & 8 & Making a ½ turn Left stepping on each count moving hips in a counter clockwise circle
(Stepping on every count RLRLRLRL)

HEEL BALL CROSSES, DWIGHT SWIVELS, KICK, CROSS, TURN

- 1 & 2 Touch Right heel diagonally forward to right, step Right foot back, cross Left foot over Right foot
3 & 4 Touch Right heel diagonally forward to right, step Right foot back, cross Left foot over Right foot
5 Swivel Left heel Right touching Right toe beside Left foot
& Swivel Left toe Right touching Right heel diagonally forward Right
6 Swivel Left heel Right touching Right toe beside Left foot
7 & 8 Kick Right foot diagonally forward to right, cross Right foot over Left foot, turn ¾ Left (unwind weight on Left)

MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACKWARD

- 1 & 2 Rock Right foot to Right side, recover weight on Left foot, step Right foot beside Left foot
3 & 4 Rock Left foot to Left side, recover weight on Right foot, step Left foot beside Right foot
5 & 6 Rock Right foot forward, recover weight on Left foot, step Right foot beside Left foot
7 & 8 Rock Left foot back, recover weight on Right foot, step Left foot beside right foot

CROSS, STEP, CROSS, SCISSOR STEP, RIGHT SHUFFLE WITH 1/2 TURN, LOCK LEFT SHUFFLE FORWARD

- 1 & 2 Step Right foot behind Left, step Left foot to Left side, cross Right foot over Left foot
3 & 4 Step Left foot to Left side, step Right foot beside Left foot, cross Left foot over Right foot
5 & 6 Step Right foot forward with ¼ turn Right, step Left foot beside Right foot, step Right foot forward with ¼ turn Right
7 & 8 Step Left foot forward, cross Right foot behind Left, step Left foot forward

Start Again, Have Fun !!!!