

J&M Mambo

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Gaye Teather (UK) - January 2010
音乐: Johnny & Marie - Fools Gold : (CD: Some Old Some New - Written as 90 bpm)



16 count intro. Start on vocals

Track available as free download from <http://www.brodiecr.freeserve.co.uk/FoolsGold.htm>

Right mambo forward. Left mambo back. Diagonal Mambo. Diagonal lock step

1&2 Rock forward on Right. Recover onto Left. Step back on Right
3&4 Rock back on Left. Recover onto Right. Step forward on Left
5&6 Make one eighth turn Left rocking Right to Right side. Recover onto Left. Cross Right over Left

(Facing Left diagonal)

7&8 Step diagonally back on Left. Cross Right over Left. Step diagonally back on Left (Still facing Left diagonal)

Side. Together. Forward. Quarter turn Right. Together. Forward. Right mambo forward. Coaster Cross

1&2 Straightening up to face 12 o'clock step Right to Right side. Step Left beside Right. Step forward on Right
3&4 Quarter turn Right stepping Left to Left side. Step Right beside Left. Step forward on Left

(Facing 3 o'clock)

5&6 Rock forward on Right. Recover onto Left. Step back on Right
7&8 Step back on Left. Step Right beside Left. Cross Left over Right

Touch & bump. Behind. Side. Cross. Touch & bump. Behind. Quarter turn Right. Step

1&2 Touch Right toe to Right side bumping hips Right. Left. Right (keeping weight on Left)
3&4 Cross Right behind Left. Step Left to Left side. Cross Right over Left
5&6 Touch Left toe to Left side bumping hips Left. Right. Left (keeping weight on Right)
7&8 Cross Left behind Right. Quarter turn Right stepping forward on Right. Step forward on Left

(Facing 6 o'clock)

Right mambo forward. Full turn Left (Travelling back). Coaster step. Walk. Walk

1&2 Rock forward on Right. Recover onto Left. Step back on Right
3 – 4 Half turn Left stepping forward on Left. Half turn Left stepping back on Right (Facing 6 o'clock)

Option: steps 3 – 4: Walk back Left. Right

5&6 Step back on Left. Step Right beside Left. Step forward on Left
7 – 8 Walk forward Right. Left (option: clap between steps)

Start again