

# Mango Smoothie

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Improver Cha  
编舞者: Sherry Palencia (USA) - January 2010  
音乐: El Rey Tiburón - Maná



(Don't be afraid to move those hips!)

## LEFT FORWARD BACK cha cha cha RIGHT BACK FORWARD cha cha cha

1-2 3&4      Left rock forward, R back, - in place LRL (cha cha cha )  
5-6 7&8      Right rock back, L forward, - in place RLR (cha cha cha)

## LEFT SIDE cha cha SIDE, RIGHT SIDE cha cha

1-2 3&4      Left rock side return R - moving forward LRL (cha cha cha)  
5-6 7&8      Right rock side return L - moving forward RLR (cha cha cha)

## FULL TURN RIGHT, Cha Cha, BACK R,L CROSS R, R cha cha cha

1-2 3&4      Full turn R stepping back L, R, in place step LRL (cha cha cha )  
5-6 7&8      Step back R (angle) cross L over R, step RLR (cha cha cha)

## L BACK, R CROSS L, L cha cha R, ROCK BACK RECOVER, R cha cha

1-2 3&4      Step back L (angle) cross R over L, step LRL (cha cha cha)  
5-6 7&8      R Rock back, recover L, step RLR (cha cha cha)

## LEFT cha cha cha, step RIGHT, LEFT - RIGHT cha cha cha ,step LEFT RIGHT

1&2 3-4      Step LRL (cha cha cha) Right rock back recover L  
5&6 7-8      Step RLR (cha cha cha) Left rock back, recover R

## BOOGIE WALK FORWARD

1-2 3&4      Walk L,R with attitude, LRL (cha cha cha) (full turn can be a variation)  
5-6 7&8      Walk R,L with attitude, RLR (cha cha cha) (full turn can be a variation)

## (ROCKS, ON-THE-SPOT TRIPLES) x2

1-2 3&4      Rock L forward & recover (cha cha cha),  
5-6-7&8      Rock R forward & recover, (cha cha cha)

## SHUFFLE LEFT, RIGHT BEHIND LEFT, STEP LEFT, SHUFFLE MOVING LEFT, STEP LEFT ¼ TURN RIGHT

1&2,3-4      Shuffle LRL, Step Right behind Left step Left  
5&6,7-8      Moving to Left, Shuffle RLR over Left, Step L turn ¼ Right

Repeat and Enjoy!