

# Una Bella Mambo (A Beautiful Mambo)

**COPPER** **KNOB**  
BY STEPHEN BRETZ

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Sebastiaan Holtland (NL) - August 2011  
音乐: La cummare - Orchestra Mario Riccardi : (CD: La Barca 2010)



## Intro: 16 Counts (08 Sec)

[1-8] Kick, Back Rock, Recover, Kick, Step, Kick, Step, Fwd Mambo, 1/4 Turn L, Side, Cross Mambo, Side  
1&2&                      Kick Rf forward, step Rf back in place, rock Lf back, recover on Rf (12:00)  
3&4&                      Kick Lf forward, step Lf back in place forward, Kick Rf forward, step Rf back in place forward  
5&6                      Mambo Lf forward, recover on Rf, turn 1/4 left (9) step Lf to the left weight onto Lf  
7&8                      Cross mambo Rf forward, recover on Lf, step Rf to the right weight onto Rf (9:00)

## [9-16] Cross, Side, Behind, 1/4 Turn R, Hitch, Running Back R-L-R, Heel, Ball, Side Rock, Recover, Heel Switches R-L

1&2&                      Cross Lf over Rf, step Rf to the right, step Lf behind Rf, turn 1/4 right on Lf (12) hitch R knee up weight onto Lf  
3&4                      Step Rf back, step Lf back, step Rf back weight onto Rf  
5&6&                      Touch L heel forward, step Lf next to Rf, rock Rf to the right, recover on Lf  
7&8&                      Touch R heel forward, step Rf next to Lf, touch L heel forward, step Lf next to Rf weight onto Lf (12:00)

In the eighth wall repeat the heel switches, then continue with Sec 3 (facing 12 o'clock)

## [17-24] Side, Flick, Side, Flick, Side, 1/4 Turn L, Hitch, Replace, Hitch, Cross Samba (Right), Lock Step Fwd

1&2&                      Step Rf to the right, flick left heel slightly up behind right leg, step Lf to the left, flick right heel slightly up behind left leg  
3&4&                      Turn 1/4 left (9) step Rf back, hitch L knee up, step Lf back in place, hitch R knee up weight onto Lf  
5&6                      Cross Rf over Lf, step Lf slightly forward, step Rf slightly forward weight onto Rf (Cross Samba Right)  
7&8                      Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf (Lock Step Fwd) (9:00)

## [25-32] Touch, Flick, 1/4 Turn L, Side, Hitch, Chasse, Sailor Cross 1/2 Turn R, 3/4 Triple Turn L

1&2&                      Touch Rf forward, flick right heel slightly up in front of left leg, turn 1/4 left (6) step Rf to the right, Hitch L knee up weight onto Rf  
3&4                      Step Lf to the left, step Rf beside Lf, step Lf to the left weight onto Lf (Chasse)\*\*  
5&6                      Step Rf behind Lf, turn 1/2 right (12) step Lf to the left, cross Rf over Lf weight onto Rf  
7&8                      Triple 3/4 left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf (3/4 triple turn left)

\*\* Restart WALL 4, after 28 counts (Facing 3 o'clock)

Tags Here: WALLS 2 and 5 after 32 counts (Facing 6 o'clock)

## Step Back, Hold, Inside Heel Grind, Replace

1-2                      Step Rf back, Hold (weight onto Rf)  
3-4                      Grind L heel inside (toes from front to Right), step Lf back in place weight onto Lf

Start again and have fun!