

Mama Makossa

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Intermediate / Advanced
编舞者: Ria Vos (NL) - November 2013
音乐: Soul Makossa 2.0 - Manu Dibango & Wayne Beckford : (Album: Past Present Future)



Intro: 32 Counts from where the beat kicks in (± 18 sec)

Side, Rock Back, Roll Knee Step Out R-L, Paddle Full Turn R, Sailor ½ Turn L

1-2& Step L Long Step to L Side, Rock Back on R, Recover on L
3-4 Step Fwd and Out on R Rolling Knee Out, Step Out on L Rolling Knee Out
5&6 ¼ Turn R Step Fwd on R, Hitch L Turning ¼ Turn R, Point L to L Side (6:00)
&7 Hitch L Turning ½ Turn R, Point L to L Side (12:00)
8&1 Sweep L ¼ L Step L Behind R, Step R Next to L, ¼ Turn L Cross L Over R (6:00)

Bounce, ½ Turn R Cross Bounce, ¼ L Rock Fwd-Back-Fwd, Run Back L-R

&2 Bounce Body Up, -Down
3&4 ½ Turn R Cross R Over L, Bounce Body Up, -Down (12:00)
5&6& ¼ Turn L Rock Fwd on L, Recover on R, Rock Back on L, Recover on R (9:00)
7& Rock Fwd on L, Recover on R
8& Small "Run" Steps Back Stepping L, R

Long Step Back, Rock Back, ¼ L Scissor Cross, ¼ R, ½ R, Step Pivot ¼ R

1 Big Step Back on L Draging R towards L
2-3 Rock Back on R, Recover on L
4&5 ¼ Turn L Step R to R Side, Step L Next to R, Cross R Over L (6:00)
6-7 ¼ Turn R Step Back on L, ½ Turn R Step Fwd on R (3:00)
8& Step Fwd on L, Pivot ¼ Turn R (6:00)

Diag. Step Fwd, Together, Point & Point &, Step Pivot ¼ R, Run Around (a little over) Full Turn L

1-2 Big Step Fwd on L to R Diagonal, Step R Next to L (7:30)
3&4& Point L to L Side, Step L Next to R, Point R to R Side, Step R Next to L
5-6 Step Fwd on L, Pivot ¼ Turn R (10:30)
7&8& Run Around in a Small Circle using Small Steps (a little over) Full Turn Left Stepping L-R-L-R (9:00)

TAG: 32 Count Tag: After wall 7 (3:00)

L Side Touch (Clap), R Side Touch (Clap), ¼ Turn L Step Fwd Touch (Clap), R Side Touch (Clap)

1-2 Step L to L Side, Touch R Next to L Clap Hands Up to L Side
3-4 Step Diagonaly Fwd to R Side, Touch L Next to R Clap Hands Down to R Side
5-6 ¼ Turn L Step Fwd on L, Touch R Next to L Clap Hands Down to L Side
7-8 Step R to R Side, Touch L Next to R Clap Hands Up to R Side

L Side, Touch (Clap), R Side, Touch (Clap), ¼ L Fwd, Touch (Clap), R Side, Touch (Clap)

1-2 Step L to L Side, Touch R Next to L Clap Hands Down to L Side (12:00)
3-4 Step Diagonaly Fwd to R Side, Touch L Next to R Clap Hands Up to R Side
5-6 ¼ Turn L Step Fwd on L, Touch R Next to L Clap Hands Up to L Side
7-8 Step R to R Side, Touch L Next to R Clap Hands Down to R Side

L Side-Together-Side-Touch, R Side-Together-Side-Touch, ¼ Turn R (Repeat)

1-4 Step L to L Side, Step R Next to L, Step L to L Side, Touch R Next to L
5-8 Step R to R Side, Step L Next to R, Step R to R Side, Touch L Next to R (9:00)

Option Arms: 1-4 Wave arms Up to L-R-L-L, 5-8 Wave Arms Up to R-L-R-R

1-4 ¼ Turn R Step L to L Side, Step R Next to L, Step L to L Side, Touch R Next to L

5-8 Step R to R Side, Step L Next to R, Step R to R Side, Touch L Next to R (12:00)

Option Arms: 1-4 Wave arms Up to L-R-L-L, 5-8 Wave Arms Up to R-L-R-R

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