

Alabao Por Dos (P)

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 0 级数: Low Intermediate Partner / Circle
编舞者: Don Carleton (USA) & Dottie Censabella (USA) - April 2014
音乐: Alabao - Enrique Iglesias



Alt. music: Cabana Boy by Sara Evans

Starting position: Two hand hold facing each other (palm to palm, shoulder height)

Man facing OLOD, Lady facing ILOD, opposite footwork throughout

Start dancing on lyrics

Man's steps listed

MAMBO FORWARD, MAMBO BACK, SIDE MAMBO, MAMBO ¼ TURN

1&2 Rock left forward, recover back on right, step left together
3&4 Rock right back, recover on left, step left together
5&6 Rock to left side side, recover to right, step left together
7&8 Rock to right side, turn ¼ turn left and recover to left, step right forward (LOD)

STEP, LOCK, STEP, STEP, LOCK, STEP, ROCK, RECOVER ½ TURN, STEP, STEP, ¼ TURN, CROSS

1&2 Locking chassé forward left-right-left
3&4 Locking chassé forward right-left-right
5&6 Rock forward on left, recover turning ½ turn to left, step forward on left,(away from each other) (RLOD)
7&8 Step right forward, turn ¼ turn left (weight to left), cross right in front of left (OLOD)

MAMBO CROSS, MAMBO CROSS, MAMBO CROSS & CROSS & CROSS

1&2 Step left side, rock right side, cross left over
3&4 Step right side, rock left side, cross right over
5&6 Step left side, rock right side, cross left over
&7 Step right side, cross left over
&8 Step right side, cross left over

MAMBO CROSS, MAMBO CROSS, MAMBO CROSS & CROSS, & CROSS

1&2 Step right side, rock left side, cross right over
3&4 Step left side, rock right side, cross left over
5&6 Step right side, rock left side, cross right over
&7 Step left side, cross right over
&8 Step left side, cross right over

Smile and Begin Again

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