

Ready Set Mambo

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Simon Ward (AUS) & Maddison Glover (AUS) - June 2014
音乐: Mambo (Greek Version) - Helena Paparizou : (Album: Iparhi Logos, - iTunes)



Notes: Dance starts on Vocals. Sequence A, B, A, Restart, A, B, A, A, Restart, B, B, A
Treat section A as the verse and section B as the chorus

Section A - 48 counts

[1-8] R fwd popping R knee out, in, out, in, out with right finger snaps, Step back L, R, L turning toes out, R coaster step

- 1&2& Step ball of right foot forward turning right knee slightly out & snap right fingers, turn right knee in slightly, turn right knee slightly out & snap right fingers, turn right knee in slightly 12.00
- 3-4 Turn right knee slightly out snapping right fingers, Step left back foot placing right heel forward turning right toe out
- 5-6 Step right back placing left heel forward turning left toe out, Step left back placing right heel forward turning right toe out
- 7&8 Step right back, step left beside right, Step right forward (coaster step) 12.00

[9-16] Shuffle L fwd, R fwd, Pivot ¼ L, Cross/step R, ¼ R, ½ R, L fwd

- 1&2 Step left forward, Step right beside left, Step left forward (shuffle fwd) 12.00
- 3-4 Step right forward, Pivot ¼ turn left taking weight onto left 3.00
- **RESTART #2, (PIVOT ½ L IN PLACE OF ¼ L)****
- 5-6 Cross/step right over left, Turn ¼ turn right & step left back 12.00
- 7-8 Turn a further ½ turn right & step right forward, Step left forward 6.00

[17-24] R toe fwd, R toe side, R sailor ¼ turn R, Cross/step L, ¼ turn L, ¼ turn L & chasse L

- 1-2 Point right toe forward, Point right toe to right side 6.00
- 3&4 Step right behind left, Step onto left starting to make ¼ turn right, Step onto right completing ¼ turn right (sailor step) 3.00
- 5-6 Cross/step left over right, Turn ¼ turn left & step right back 6.00
- 7&8 Make a further ¼ turn left & step left to left side, Step right beside left, Step left to left side (Chasse left) 9.00

[25-32] Cross/rock R, Recover L, Chasse R ¼ R, Rock L fwd, Recover R, L coaster step cross

- 1-2 Cross/rock right over left, Recover weight onto left 9.00
- 3&4 Step right to right side, Step left beside right turning ¼ turn right, Step right slightly forward 6.00
- 5-6 Rock/step left forward, Recover weight onto right 6.00
- 7&8 Step left back, Step right beside left, Cross/step left over right (Coaster cross) 6.00

****RESTART #1 (STEP L FWD ON 8)****

[33-40] R side, Drag L, Step L, Cross chasse R, L side, Drag R, Step R, Cross chasse L

- 1-2 Large step right to right, Drag left towards right 6.00
- &3&4 Step left beside right, Cross/step right over left, Step left slightly to left side, Cross/step right over left 6.00
- 5-6 Large step left to left, Drag right towards left 6.00
- &7&8 Step right beside left, Cross/step left over right, Step right slightly to right side, Cross/step left over right 6.00

[41-48] ¼ turn L, ¼ turn L, R samba step. Cross/step L, R back, L coaster step

- 1-2 Turn ¼ turn left & step right back, 9.00 Turn a further ¼ turn left & step left to left side 12.00
- 3&4 Cross/step right over left, Rock left to left side, Recover weight onto right (Samba step) 12.00

5-6 Cross/step left over right, Step right slightly back 12.00
7&8 Step left back, Step right beside left, Step left forward (Coaster step) 12.00

Section B - 32 counts

[1-8] Kick R, Step back ¼ L, Step L, Hold & drag, R samba ¼ R, L fwd, Shuffle R fwd

1&2 Kick right forward, Step right back turning ¼ turn left 3.00, Large step left to left side (hit the sharp beats of music)
3 Hold & drag right towards left 3.00
4&5 Cross/step right over left, Rock left to left side, Recover weight onto right turning ¼ turn right 12.00
6 Step left forward 12.00
7&8 Step right forward, step left beside right, Step right forward (Shuffle forward) 12.00

[9-16] L mambo step fwd, R mambo step back, L fwd, Pivot ½ R, Shuffle L fwd

1&2 Rock/step left forward, Recover weight onto right, Step left back (Mambo step) 12.00
3&4 Rock/step right back, Recover weight onto left, Step right forward (Mambo step) 12.00
5-6 Step left forward, Pivot ½ turn right taking weight onto right 6.00
7&8 Step left forward, Step right beside left, step left forward 6.00

[17-32] Repeat count 1-16 of section B

1-16 Repeat the above 16 counts of section B 12.00

RESTART

Don't be afraid by the phrasing. The Restarts make the dance 2 walls. Use your hips for styling.□

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