

Mama's Red Saloon

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Martie Papendorf (SA) - January 2016
音樂: Mama's Red Saloon - Baton Rouge : (Album: Heartbeat In The Universe)



Start on vocals - NO Tags Or Restarts

S1: HEEL, TOUCH, HEEL, FLICK, FWD, LOCK, FWD, TOGETHER and "SIT"

1,2 Touch R heel to right diagonal, Touch R toe across L,
3,4 Touch R heel to right diagonal, Flick R back,
5,6,7,8 Step R to right diagonal, Step L behind R, Step R to right diagonal, Step L next to R bending knees and "sitting" [12.00]

S2: FAN, STEP, FAN, STEP, COASTER STEP, HITCH ¼ RIGHT

1,2 Raise up and fan R toes out, Step on R bending knees and "sitting",
3,4 Raise up and fan L toes out, Step on L,
5,6,7,8 Step R back, Step L next to R, Step R fwd, Hitch L making a ¼ turn right, [3.00]

S3: ROCK OUT, RECOVER, CROSS, ROCK OUT, RECOVER, CROSS, ROCK OUT, RECOVER

1,2,3,4 Rock L out to left side, Recover R to right side, Step L across R, Rock R to right side,
5,6,7,8 Recover L in place, Step R across L, Rock L out to left side, Recover R in place [3.00]

S4: MAMBO ½ LEFT, HOLD, CROSS, HOLD, SWIVEL ¼ RIGHT, SWIVEL ¼ LEFT

1,2,3,4 Rock L fwd, Recover R back, Step L fwd making a ½ turn left, Hold, [9.00]
5,6,7,8 Step R across L, Hold, Swivel heels ¼ turn right [6.00], Swivel heels ¼ turn left to centre [weight to L] [9.00]

NOTE: Easier option for "swivels": Lift and drop heels.

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