

Hey Hey Mambo

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Irene Deng (TW), Jennifer Jou (TW), Sally Hung (TW) & Wendy Lin (TW) -
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音樂: Mambo - Helena Paparizou



Intro : 16 Count (Approx. 08 Seconds Into Track) 2:54 iTunes 116 bpm

Sequence : A B A(32) / A B A Tag / B B A(32)

PART A : 48 counts

AS1: FWD ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER, TOGETHER, FWD POINT, TOGETHER, FWD POINT, KICK BALL POINT

1&2& Rock fwd R, Recover onto L, Rock R to right side, Recover onto L,

3&4 Rock back on R, Recover onto L, Step R beside L

5&6& Touch L fwd, step L beside R, touch R fwd, step R beside L

7&8 Kick L fwd, step L ball next to R, point R toe to right side (12:00)

AS2: BACK TOE STRUT, BACK TOE STRUT, COASTER STEP, STEP LOCK STEP

1, 2, 3,4 Touch R toes back, drop R heel, touch L toes back, drop L heel

5 & 6 Step back on R, Step L beside R, Step R fwd

7 & 8 Step L fwd, Lock step R behind L, Step L fwd (12:00)

AS3 : DOROTHY STEP R-L, ROCK FWD , RECOVER, 1/4 TURN R SAILOR STEP

1, 2& Step fwd R to R diagonal (1:30), Lock step L behind R, Step fwd R (1:30)

3, 4& Step fwd L to R diagonal (10:30), Lock step R behind R, Step fwd L (10:30)

5,6,7&8 Rock R fwd, recover onto L, make a ¼ turn R sweeping R behind L, step L to L side, step R fwd

AS4 : ROCK FWD, RECOVER, TOGETHER, STEP FWD WITH BOTH HEELS UP, HEELS DROP, SWAY

1, 2&3&4 Rock fwd L(1), Recover onto R(2), Step back L beside R(&), Step R a little fwd (3)with both heels up(&), drop both heels(4)

5 – 8 Step R to right side with hip swaying right, left, right, left,

AS5 : ¼ TURN R FWD SHUFFLE, STEP, PIVOT ½ TURN R, FWD SHUFFLE, STEP PIVOT ¼ TURN L

1&2,3,4 Make a ¼ turn R stepping R fwd, close L beside R, step R fwd, step L fwd, pivot ½ turn R

5&6,7,8 Step L fwd, close R beside L, step L fwd, step R fwd, pivot ¼ turn L

AS6: ROCK FWD , RECOVER, BACK SHUFFLE, BACK SHUFFLE, ROCK BACK, RECOVER

1,2,3&4 Rock fwd R, Recover on L, step back R, close L beside R, step back R

5&6,7,8 Step back L, close R beside L, step back L, rock back on R, recover onto L

PART B : 32 counts

BS1: KICK ,KICK , COASTER STEP, SIDE MAMBO, SIDE ROCK , RECOVER

1,2,3&4 Kick fwd R to R diagonal, Kick fwd R to R diagonal, Step back R, Step L beside R, Step R fwd

5&6,7,8 Rock step L to left side, Recover onto R, Step L beside R, Rock R to right side, Recover onto L

BS2: FWD MAMBO, BACK MAMBO, ¾ PADDLE TURN L, TOGETHER

1&2,3&4 Fwd rock on R, recover onto L, Back step R, Back rock on L, recover onto R, Fwd step L,

5&6&7&8 ¼ Turn left pointing R to R side, recover onto L, ¼ Turn left pointing R to R side, recover onto L, ¼ Turn left pointing R to R side, Recover onto L, step R beside L

BS3: KICK ,KICK , COASTER STEP, SIDE MAMBO, SIDE ROCK , RECOVER

1,2,3&4 Kick fwd L to L diagonal, Kick fwd L to L diagonal, Step back on L, Step R beside L, Step L fwd

5&6,7,8 Rock step R to R side, recover onto L, step R beside L, Rock L to left side, Recover onto R

BS4: FWD MAMBO, BACK MAMBO, ¾ PADDLE TURN R

1&2,3&4 Fwd rock on L, recover onto R, Back step L, Back rock on R, recover onto L, Fwd step R,
5&6&7&8 ¼ turn R pointing R to R side, Recover onto L, ¼ turn R pointing R to R side, recover onto L,
¼ turn R pointing R to R side, recover onto L, Step L beside R

TAG (12 COUNTS)

1 – 4 Step R to right side, Step L next to R, Step R to right side, Touch L beside R

5 – 8 Step L to left side, Step R next to L, Step L to left side, Touch R beside L

9 – 12 Step R fwd, 1/2Turn left, Step R fwd, 1/4Turn left

RESTART : After finishing Section 4 of wall 3 ,wall 9

Have fun!!! Happy Dance

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