

My Macho

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Roosamekto Mamek (INA) - December 2016
音樂: My Macho (7" Edit) - Jessica Jay



Intro: 64 count (On vocals)

S1: JUMP FORWARD, HOLD, HIPS BUMPS, JUMP BACK, HOLD, HIPS BUMPS

&1-2 Jump R forward – Step L beside R – Hold
3&4 Bump hips to right – Bump hips to left – Bump hips to right
&5-6 Jump L back – Step R beside R – Hold
7&8 Bump hips to left – Bump hips to right – Bump hips to left

S2: WEAVE, CROSS/ROCK, RECOVER, SIDE CHASSE

1-4 Cross R over L – Step L to side – Cross R behind L – Step L to side
5-6 Cross/Rock R over L – Recover on L
7&8 Step R to side – Step L together – Step R to side

S3: WEAVE, CROSS/ROCK, RECOVER, SIDE CHASSE

1-4 Cross L over R – Step R to side – Cross L behind R – Step R to side
5-6 Cross/Rock L over R – Recover on R
7&8 Step L to side – Step R together – Step L to side

S4: ROCK BACK, RECOVER, SIDE CHASSE

1-2 Rock R back – Recover on L
3&4 Step R to side – Step L together – Step R to side
5-6 Rock L back – Recover on R
7&8 Step L to side – Step R together – Step L to side

S5: ROCK BACK, RECOVER, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2 Rock R back – Recover on L
3&4 Step R forward – Step L beside R – Step R forward
5-6 Step L forward – Turn ½ right
7&8 Step L forward – Step R beside L – Step L forward

S6: WALK FORWARD R-L, FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE

1-2 Step R forward – Step L forward
3&4 Step R forward – Step L beside R – Step R forward
5-6 Step L forward – Turn ½ right
7&8 Step L forward – Step R beside L – Step L forward

Option Step for 1-2: Make a full turn left

1-2 Turn ½ left step R back – Turn ½ left step L forward

S7: V STEP, PADDLE TURN 1/4 TURN LEFT (2X)

1-4 Step R diagonal forward – Step L diagonal forward – Step R back to center – Step L together
5-8 Step R forward – Turn ¼ left – Step R forward – Turn ¼ left

S8: VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-4 Step R to side - Cross L behind R – Step R to side – Touch L beside R
5-8 Step L to side – Cross R behind L – Step L to side – Touch R beside L

REPEAT

RESTART: On wall 3 (Facing 12:00). Dance until 32 count (S. 4). Then start the dance from the beginning facing 12:00 as wall 4.

For more info about song & step sheet please contact: Roosamekto.Nugroho@gmail.com
