

La Mala Y La Buena (The Bad And The Good)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Vincent Dijks (NL) - February 2017
音樂: La Mala Y La Buena (feat. Gente de Zona) - Alex Sensation



Sequence □□:□A, Tag1, B*, A, Tag 1, B2&, A, Tag1, B, Tag1, B, B*, Tag2, A, B
Info □□:□Intro 32 counts

PART A: 32 COUNTS

A1: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

1 LF□cross over
& RF□rock side
2 LF□recover
3 RF□cross over
& LF□rock side
4 RF□recover
5 LF□cross over
& RF□step side
6 LF□cross over
& RF□step side on ball foot
7 LF□cross over
& RF□rock side
8 LF□recover

A2: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

1 RF□cross over
& LF□rock side
2 RF□recover
3 LF□cross over
& RF□rock side
4 LF□recover
5 RF□cross over
& LF□step side
6 RF□cross over
& LF□step side on ball foot
7 RF□cross over
& LF□rock side
8 RF□recover

A3: Mambo Fwd x2, Side Mambo x2

1 LF□rock forward
& RF□recover
2 LF□together
dip slightly
3 RF□rock forward
& LF□recover
4 RF□together
dip slightly
5 LF□rock side
& RF□recover

6 LF□together
7 RF□rock side
& LF□recover
8 RF□together

A4: Rocking Chair, Side Mambo (x2)

1 LF□rock forward
& RF□recover
2 LF□rock back
& RF□recover
3 LF□rock side
& RF□recover
4 LF□together
5 RF□rock forward
& LF□recover
6 RF□rock back
& LF□recover
7 RF□rock side
& LF□recover
8 RF□touch beside

PART B: 32 COUNTS

B1: Chassé x2, Cross Back Together, Ext. Step Lock Step Fwd

1 RF□step side
& LF□together
2 RF□step side
1&2 push hands up diagonal right
3 LF□step side
& RF□together
4 LF□step side
3&4 push hands up diagonal left
5 RF□cross over
& LF□step back
6 RF□together
& LF□step forward
7 RF□lock behind
& LF□step forward
8 RF□lock behind
& LF□step forward

B2: Samba Whisk x2, Extended Shuffle ½ R □

1 RF□step side
2 LF□rock behind
& RF□recover
3 LF□step side
4 RF□rock behind
& LF□recover
5 RF□½ right, step forward
& LF□step beside
6 RF□½ right, step forward
& LF□step beside
7 RF□½ right, step forward
& LF□step beside

8 RF $\frac{1}{8}$ right, step forward

B3: Rock Across Recover, Rock Side Recover, Rock Across Recover, Side (x2)

1 LF \square rock across
& RF \square recover
2 LF \square rock side
& RF \square recover
3 LF \square rock across
& RF \square recover
4 LF \square step side
5 RF \square rock across
& LF \square recover
6 RF \square rock side
& LF \square recover
7 RF \square rock across
& LF \square recover
8 RF \square step side

B4: Vaudeville x2, Back-Point x4

1 LF \square cross over
& RF \square step slightly right back
2 LF \square dig heel left forward
& LF \square together
3 RF \square cross over
& LF \square step slightly left back
4 RF \square dig heel right forward
& RF \square step back
5 LF \square point across
& LF \square step back
6 RF \square point across
& RF \square step back
7 LF \square point across
& LF \square step back
8 RF \square point across

*** + only after 1st and 5th part B:**

& RF \square together

TAG 1: Hitch, Side/Hip Roll

1 RF \square hitch across
2-4 RF \square step side and roll hips clockwise

TAG 2: Rock Fwd Recover Recover (x2)

1 LF \square rock forward
& RF \square recover
2 LF \square recover
3 RF \square rock forward
& LF \square recover
4 RF \square recover