

Sway Mambo

COPPERKNOB
BY STEPHEN METZ

拍數: 64 牆數: 1 級數: Improver
編舞者: Junghye Yoon (KOR) - July 2018
音樂: Sway - The Pussycat Dolls



Intro: 32 counts

Section 1 : FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

1-2 . Rock/step R forward, recover onto L
3-4 Step R Back, Hold
5-6 Rock/step L Backward, recover onto R
7-8 Step L Forward, Hold

Section 2 : 1/4 L TURN FORWARD MAMBO 1/4 R TURN, HOLD, 1/4 R TURN FORWARD MAMBO 1/4 L TURN, HOLD

1-2 . 1/4 L Turn Rock/step R Forward, recover onto L
3-4 1/4 R Turn/step R Side
5-6 1/4 R Turn Rock/step L Forward, recover onto R
7-8 1/4 L Turn/step L Side

Section 3 : SPOT TURN L, HOLD , OVER VINE HITCH WITH BACK

1-4 . Step R Cross, 3/4 Turn L recover onto L, 1/4 L Turn/Step R Side, Hold
5-8 . Step L Cross, Step R Side, Step L Behind Cross, Hitch With Back

Section 4 : BACK OVER VINE, HOLD, SIDE BALL, CROSS, HOLD, 1/2 TURN L, FORWARD STEP, HOLD

1-4 Step R Behind Back, Step L Side, Step R Cross, Hold
&5-6 Step Ball L Side, Step R Cross, Hold
7-8 1/2 L turn/Step L Forward, Hold 6:00

Section 5 : FORWARD MAMBO, TRIPLE STEP, BACK MAMBO, TRIPLE STEP

1-2 . Rock/step R forward, recover onto L
3&4 Triple step in place (R,L,R)
5-6 Rock/step L Backward, recover onto R
7&8 Triple step in place (L,R,L)

Section 6 : 1/4 L TURN FORWARD MAMBO 1/4 R TURN WITH TRIPLE STEP, 1/4 R TURN FORWARD MAMBO 1/4 L TURN WITH TRIPLE STEP

1-2 . 1/4 L Turn Rock/step R Forward, recover onto L
3&4 1/4 R Turn/step R Side Triple Step (R,L,R)
5-6 1/4 R Turn Rock/step L Forward, recover onto R
7-8 1/4 L Turn/step L Side with Triple Step (L,R,L)

Section 7 : SPOT TURN L WITH TRIPLE STEP, OVER VINE HITCH WITH BACK

1-2 . Step R Cross, 3/4 Turn L recover onto L,
3&4 1/4 L Turn/Step R Side With Tripple Step (R,L,R)
5-8 . Step L Cross, Step R Side, Step L Behind Cross, Hitch With Back

Section 8 : BACK OVER VINE, HOLD, SIDE BALL, CROSS, HOLD, 1/2 TURN L, FORWARD STEP, HOLD

1-4 Step R Behind Back, Step L Side, Step R Cross, Hold
&5-6 Step Ball L Side, Step R Cross, Hold
7-8 1/2 L turn/ Step L Forward, Hold 12:00

Tag : After wall 4. add 8 counts (facing 12:00)

FORWARD, PIVOT 1/2 TURN L × 2, Stomp, Hold, Hip Bumping × 2

1-2 Step R forward. Pivot 1/2 turn L step onto L(06:00)

3-4 Step R forward. Pivot 1/2 turn L step onto L(12:00)

5-8 Step R forward (stomp), hold, Hip Bumping ×2

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