

BAILAME Mambo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - October 2018
音樂: Báilame - Nacho



TOE-STRUTS FWD, MAMBO FORWARD, TOE-STRUTS BACK, MAMBO BACK

1&2& Step RF forward on toes, Step down on heel, Step LF forward on toes, Step down on heel
3&4 Rock forward on RF, Recover LF, Step back on RF, hold
5&6& Step LF back on toes, Step down on heel, Step RF back on toes, Step down on heel
7&8 Rock back on LF, Recover RF, Step LF beside right, hold

MAMBO RIGHT, MAMBO LEFT, RF PIVOT 1/4 L X 2

1&2 RF Rock side right, LF recover, RF close together beside L & hold
3&4 LF Rock side left, RF recover, LF close together beside R & hold
5-6 Step RF forward, Pivot 1/4 turn left
7-8 Step RF forward, Pivot 1/4 turn left

WALK FORWARD, MAMBO RIGHT, WALK BACK, MAMBO LEFT

1-2 Walk forward, RF, LF
3&4 Rock to right side on RF, Recover LF, Step RF beside L
5-6 Walk back, LF, RF
7&8 Rock to left side on LF, Recover RF, Step LF beside R

CROSS MAMBO R&L 1/4 PIVOT L, CROSS MAMBO R&L (OPTIONAL FLICK)

1&2 RF Cross over, LF Recover weight, RF Step together
3&4 LF Cross over, RF Recover weight, LF step 1/4 pivot L
5&6 RF Cross over, LF Recover weight, RF Step together
7&8 LF Cross over, RF Recover weight, LF step together (& optional flick RF)

REPEAT - No Tags, No Restarts

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