

WALK like a MAN Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Val Saari (CAN) - October 2018
音樂: Walk Like a Man - Frankie Valli & The Four Seasons



TOE-STRUTS FORWARD X 2, R MAMBO (CHA CHA CHA)

1-2 Touch RF toes forward, Drop heel
3-4 Touch LF toes forward, Drop heel
5-6 RF Rock side right, LF recover
7&8 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)

L CROSS MAMBO PIVOT 1/4 L, (CHA CHA CHA), RF ROCKING CHAIR

1-2 LF Cross over R, RF Recover weight
3&4 Shuffle LRL Pivot 1/4 L (cha, cha, cha)
5-6 Rock RF forward, Recover Left
7-8 Rock RF back, Recover Left

SIDE TOGETHER R (CHA CHA CHA), L CROSS MAMBO PIVOT 1/4 L, (CHA CHA CHA)

1-2 Step RF right, Step LF together
3&4 Step RF right, Step LF together, Step RF in place (cha, cha, cha)
5-6 LF Cross over R, RF Recover weight
7&8 Shuffle LRL Pivot 1/4 L (cha, cha, cha)

RF STOMP, KICK, MAMBO BACK, LF SIDE MAMBO, BOUNCE

1-2 Stomp RF down, kick RF forward
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF to left side, Recover RF
7-8 Step LF beside R, Bounce on Left heel

REPEAT - No Tags, No Restarts

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