

# 6 de La Mañana

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Val Saari (CAN) - February 2019  
音樂: 6 AM (feat. Farruko) - J Balvin



## TOE-STRUTS FWD (RL), R SIDE MAMBO, WALK BACK (LR), MAMBO BACK

1&2&      Touch RF toes forward, Step heel down, Touch LF toes forward, Step heel down  
3&4      RF Rock side right, LF recover, RF close together beside L  
5-6      Walk back, LF, RF  
7&8      Rock back on LF, Recover RF, Step LF beside R

## WALK FORWARD, MAMBO FORWARD, TOE-STRUTS BACK X 2 (LR), L SIDE MAMBO

1-2      Walk forward, RF, LF  
3&4      Rock forward on RF, Recover LF, Step RF beside left  
5&6&      Touch LF toes back, Drop heel, Touch RF toes back, Drop heel  
7&8      Rock LF To left side, RF recover, LF close together beside R

## MODIFIED CROSS MAMBOS (R, L 1/4 PIVOT L), TOE STRUT V-STEP

1&2&      RF Cross over L, LF Recover weight, Step RF toes right, Step heel down  
3&4&      LF Cross over R, RF Recover weight, Step LF toes 1/4 pivot L, Step heel down  
5&6&      Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward  
(11:00), Step heel down  
7&8&      Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

## MODIFIED CROSS MAMBOS (R, L 1/4 PIVOT L), KICK-BALL CHANGE X 2

1&2&      RF Cross over L, LF Recover weight, Step RF toes right, Step heel down  
3&4&      LF Cross over R, RF Recover weight, Step LF toes 1/4 pivot L, Step heel down  
5&6      Kick RF forward, Step RF together, Step LF together  
7&8      Kick RF forward, Step RF together, Step LF together

**REPEAT - No Tags, No Restarts**

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