

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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