

Mi Mala

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - April 2019
音樂: Mi Mala (feat. Becky G, Leslie Grace & Lali) (Remix) - Mau y Ricky & KAROL G



Intro: 16 Counts

Cross Rock-Side, Cross Rock, Side Rock, Back w/Sweep, Behind-Side, Step Lock Step

1&2 Cross Rock R Over L, Recover on L, Step R to R Side
3& Cross Rock L Over R, Recover on R
4& Rock L to L Side, Recover on R
5 Step L Behind R Sweeping R from Front to Back
6& Step R Behind L, Step L to L Side
7&8 Step Fwd on R, Lock L Behind R, Step Fwd on R

Mambo Fwd, Back, ¼ L, Cross Shuffle, & Side-Together, Cross, & Side-Together

1&2 Rock Fwd on L, Recover on R, Step Back L
3& Step Back on R, ¼ Turn L Step L to L Side
4&5 Cross R Over L, Step L to L Side, Cross R Over L
&6 Step L to L Side, Step R Next to L
7&8 Cross L Over R, Step R to R Side, Step L Next to R

Cross w/Sweep, Point Across, Step Fwd, ½ L, Together, Cross Side Rock, Cross Side Rock, Touch

1-2 Cross R Over L Sweeping L from Back to Front, Point L Fwd slightly Across R
3&4 Step Fwd on L, ½ Turn L Step Back on R, Step L Next to R
5&6 Cross R Over L, Rock L to L Side, Recover on R
&7& Cross L Over R, Rock R to R Side, Recover on L
8 Touch R Next to L with Knee Turned In

Knee Pops, Ball-Step Fwd, Together, Swivels

1-2 Pop L Knee Across R, Pop R Knee Across L
&3-4 Step on Ball of R slightly Back, Step L Big step Fwd, Step R Next to L
5&6 Swivel R Toe Out to R Side, Swivel R Heel to R, Swivel Toe to R
7&8 Swivel R Toe to L, Swivel R Heel to L, Swivel R Toe Back to Center (weight L)

Restart: On wall 1 After count 24 (3:00)

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