

Saturday Night Cha (Warm-Up)

COPPER KNOB
STEPPERS

拍數: 128 牆數: 1 級數: Beginner
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音樂: Another Saturday Night - Cheeka



S1: FORWARD MAMBO STEP, BACKWARDS MAMBO STEP

1 2 3-4 RF Step Forward(1), LF Recover(2), 3-4 RF Together(3-4)
5 6 7-8 LF Step Backwards(5), RF Recover(6), LF Together(7-8)

S2: FORWARD MAMBO STEP, BACKWARDS MAMBO STEP

1 2 3-4 RF Step Forward(1), LF Recover(2), RF Together(3-4)
5 6 7-8 LF Step Backwards(5), RF Recover(6), LF Together(7-8)

S3: SIDE MAMBO STEP R, L X2

1 2 3-4 RF Step R(1), LF Recover(2), RF Together(3-4)
5 6 7-8 LF Step L(5), RF Recover(6), LF Together(7-8)

S4: SIDE MAMBO STEP R, L X2

1 2 3-4 RF Step R(1), LF Recover(2), RF Together(3-4)
5 6 7-8 LF Step L(5), RF Recover(6), LF Together(7-8)

S5: CUBAN WALKING R X2

1-2 3-4 RF Step R(1-2), LF Together(3-4)
5-6 7-8 RF Step R(5-6), LF Together(7-8)

S6: CUBAN WALKING R X2

1-2 3-4 RF Step R(1-2), LF Together(3-4)
5-6 7-8 RF Step R(5-6), LF Touch Beside RF(7-8)

S7: CUBAN WALKING L X2

1-2 3-4 LF Step L(1-2), RF Together(3-4)
5-6 7-8 LF Step L(5-6), RF Together(7-8)

S8: CUBAN WALKING L X2

1-2 3-4 LF Step L(1-2), RF Together(3-4)
5-6 7-8 LF Step L(5-6), RF Touch Beside LF(7-8)

S9: FORWARD/BACKWARDS MAMBO STEP X2

1&2 RF Step Forward(1), LF Recover(&), RF Together(2)
3&4 LF Step Forward(3), RF Recover(&), LF Together(4)
5&6 RF Step Forward(1), LF Recover(&), RF Together(2)
7&8 LF Step Forward(3), RF Recover(&), LF Together(4)

S10: SIDE MAMBO X4

1&2 RF Step R(1), LF Recover(&), RF Together(2)
3&4 LF Step L(3), RF Recover(&), LF Together(4)
5&6 RF Step R(5), LF Recover(&), RF Together(6)
7&8 LF Step L(7), RF Recover(&), LF Together(8)

S11: CUBAN WALKING R X4

1 2 RF Step R(1), LF Together(2)
3 4 RF Step R(3), LF Together(4)

5 6 RF Step R(5), LF Together(6)
7 8 RF Step R(7), LF Touch Beside RF(8)

S12: CUBAN WALKING L X4

1 2 LF Step L(1), RF Together(2)
3 4 LF Step L(3), RF Together(4)
5 6 LF Step L(5), RF Together(6)
7 8 LF Step L(7), RF Touch Beside LF(8)

S13: SWIVEL WALKING FORWARD X8

1-2 RF Step Forward(!), LF Step Forward(2)
3-4 RF Step Forward(3), LF Step Forward(4)
5-6 RF Step Forward(5), LF Step Forward(6)
7-8 RF Step Forward(7), LF Step Forward(8)

S14: CUBAN WALKING BACKWARDS X8

1-2 RF Step Backwards(1), LF Step Backwards(2)
3-4 RF Step Backwards(3), LF Step Backwards(4)
5-6 RF Step Backwards(5), LF Step Backwards(6)
7-8 RF Step Backwards(7), LF Step Backwards(8)

S15: SWIVEL WALKING FORWARD X8

1-2 RF Step Forward(!), LF Step Forward(2)
3-4 RF Step Forward(3), LF Step Forward(4)
5-6 RF Step Forward(5), LF Step Forward(6)
7-8 RF Step Forward(7), LF Step Forward(8)

S16: CUBAN WALKING BACKWARDS X8

1-2 RF Step Backwards(1), LF Step Backwards(2)
3-4 RF Step Backwards(3), LF Step Backwards(4)
5-6 RF Step Backwards(5), LF Step Backwards(6)
7-8 RF Step Backwards(7), LF Step Backwards(8)

Last Update - 30 June 2020
