

Mal De Amores

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Jennifer Choo Sue Chin (MY) & EWS Winson (MY) - February 2022
音樂: Mal de Amores - Sofia Reyes & Becky G.



Intro : 16 counts in (Approx 0.12 sec)

Notes : There are 3 Restarts on Wall 2, Wall 4 and Wall 6 after 32 counts.

Weight starting on : LF

#1 (1-8) R Rocking Chair, R Cross, L Back, R Side, L Rocking Chair, L Cross, R Back, L Side

- 1&2& Cross rock RF over LF on L diag (1), Recover weight on LF (&), Rock RF back (2), Recover weight on LF (&) 10.30
- 3-4& Cross RF over LF (3), Step LF back squaring up to the original wall (4), Step RF to R (&) 12.00
- 5&6& Cross rock LF over RF on R diag (5), Recover weight on RF (&), Rock L back (6), Recover weight on RF (&) 1.30
- 7-8& Cross LF over RF (7), Step RF back squaring up to the original wall (8), Step LF to L (&) 12.00

#2 (9-16) R-L Syncopated Cross Rocks, R Cross, L Side Point with Hip Bump, L Cross, R Side Point with Hip Bump

- 1-2& Cross rock RF over LF (1), Recover weight on LF (2), Step RF to R (&) 12.00
- 3-4& Cross rock LF over RF (3), Recover weight on RF (4), Step LF to L (&) 12.00
- 5-6 Cross RF over LF (5), Point L toes to L bumping hips to L (6) 12.00
- 7-8 Cross LF over RF (7), Point R toes to R bumping hips to R (8) 12.00

#3 (17-24) R-L Carioca Runs, R Modified Cross Weave, L Hitch, L Behind, ¼R with R fwd, L fwd

- 1&2& Cross RF over LF (1), Step LF to L angling body to R diag (&), Touch R toes fwd (2), Step RF to R (&) 12.00
- 3&4& Cross LF over RF (3), Step RF to R angling body to L diag (&), Touch L toes fwd (4), Step LF to L (&) 12.00
- 5&6& Cross RF over LF (5), Step LF to L (&), Cross RF behind LF (6), Lift L knee beside RF (&) 12.00
- 7&8 Cross LF behind RF (7), Turn ¼R stepping RF fwd (&), Step LF fwd (8) 3.00

#4 (25-32) R fwd Mambo, L Back Mambo, R fwd Shuffle, ½L with L fwd Shuffle & R Hitch

- 1&2 Rock RF fwd (1), Recover weight on LF (&), Step RF back (2) 3.00
- 3&4 Rock LF back (3), Recover weight on RF (&), Step LF fwd (4) 3.00
- 5&6 Step RF fwd (5), Step LF next to RF (&), Step RF fwd (6) 3.00
- 7&8& Turn ½L stepping LF fwd (7), Step RF next to LF (&), Step LF fwd (8), Lift R knee beside LF (&) *** 9.00

***Restart here on Wall 2, 4 and 6. Begin the dance again, facing 6.00 o'clock, 12.00 o'clock and 6.00 o'clock respectively.

#5 (33-40) R Jazz Box with L fwd, R fwd Rock & Recover, ½R with R fwd, R Pivot ¼R with L Cross

- 1-4 Cross RF over LF (1), Step LF back (2), Step RF to R (3), Step LF fwd (4) 9.00
- 5&6 Rock RF fwd (1), Recover weight on LF (&), Turn ½R stepping RF fwd (2) 3.00
- 7&8 Step LF fwd (3), Turn ¼R over R shoulder (&), Cross LF over RF (4) 6.00

#6 (41-48) R-L ¾L Chasse Box

- 1&2 Step RF to R (1), Close LF next to RF (&), Step RF to R (2) 6.00
- 3&4 Turn ¼L stepping LF to L (3), Close RF next to LF (&), Step LF to L (4) 3.00
- 5&6 Turn ¼L stepping RF to R (5), Close LF next to RF (&), Step RF to R (6) 12.00

7&8

Turn $\frac{1}{4}$ L stepping LF to L (7), Close RF next to LF (&), Step LF to L (8) 9.00

Ending:

On Wall 7, dance until count 14 (R Cross Point), followed by a Monterey $\frac{1}{2}$ L turn ending with R toes pointing to R facing 12:00
