

Mama Mambo

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Roosamekto Mamek (INA) - November 2022
音樂: Mama Wanna Mambo (feat. Natti Natasha & Arturo Sandoval) - Meghan Trainor



Intro: 16 count (approximately 0:16)

S1. SIDE MAMBO, FORWARD, MAMBO, BACK MAMBO

1&2 Rock R to side – Recover on L – Step R together (12:00)
3&4 Rock L to side – Recover on R – Step L together
5&6 Rock R forward – Recover on L – Step R back
7&8 Rock L back – Recover on R – Step L forward

S2. FORWARD LOCK SHUFFLE, CHASSE TURN 1/2 RIGHT

1&2 Step R forward – Lock L behind R – Step R forward
3&4 Step L forward – Turn 1/2 right weight on R – Step L forward (6:00)
5&6 Step R forward – Lock L behind R – Step R forward
7&8 Step L forward – Turn 1/2 right weight on R – Step L forward (12:00)

S3. SYNCOPATED BOX STEP, BACK LOCK SHUFFLE, COASTER STEP

1&2 Step R to side – Step L together – Step R forward
3&4 Step L to side – Step R together – Step L back
5&6 Step R back – Lock L over R – Step R back
7&8 Step L back – Step R together – Step L forward

S4. CHASSE TURN 1/4 LEFT, SYNCOPATED BOX STEP, COASTER STEP

1&2 Step R forward – Turn 1/4 left weight on L – Cross R over L (9:00)
3&4 Step L to side – Step R together – Step L forward
5&6 Step R to side – Step L together – Step R back
7&8 Step L back – Step R together – Step L forward

REPEAT

RESTART: On wall 2 after 16 count

ENDING : On wall 8 dance to count 5&6 in S2, then do this step for nice ending

7 Touch L to side and make a pose

For more info about step sheet & song, please contact:

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