

Man Bu Ren Sheng Lu (漫步人生路)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - December 2022
音樂: Man Bu Ren Sheng Lu (漫步人生路) - Yi Bei Chen Dou Jiang (一杯陈豆浆)



Intro: 16 counts - No Tags or Restarts!

Sec1: CROSS POINT - R POINT - TOGETHER - L POINT , STEP BACK.(X3) - R POINT

1-4 Point Rf over Lf - Point Rf to R - Step Rf beside Lf - Point Lf to L
5-8 Step back (R L R) - Point Rf to R

Sec2: CROSS - POINT - BEHIND - POINT, JAZZ BOX 1/4 R

1-4 Cross Rf over Lf - Point Lf To L - Cross Lf behind Rf - Point Rf To R
5-8 Cross Rf over Lf - 1/4 turn R (3:00) step Lf back - Step Rf to R - Cross Lf over Rf

Sec3: SIDE - TOGETHER - SIDE - HITCH 1/4 L, SIDE - TOGETHER - 1/4 L FWD - BRUSH

1-4 Step Rf to R - Step Lf beside Rf - Step Rf to R - Hitch Lf on ball 1/4 turn L (12:00) weight on Rf
5-8 Step Lf to L - Step Rf beside Lf - 1/4 turn L (9:00) step Lf fwd - Brush Rf fwd

Sec4: FWD MAMBO, BACK MAMBO, R SIDE MAMBO, L SIDE MAMBO

1&2, 3&4 Rock Rf fwd - Recover on Lf - Step Rf back, Rock Lf back - Recover on Rf - Step Lf fwd
5&6, 7&8 Rock Rf to R - Recover on Lf - Step Rf beside Lf, Rock Lf to L - Recover on Rf - Step Lf beside Rf

Have Fun & Happy Dancing !!!

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