

Ipanema Girl (Walker-Rollator)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner - Walker
編舞者: Ruben Luna (USA) - August 2016
音樂: Girl from Ipanema - Melodies of Love



(Walker modifications provided, with Choreographer's permission, by A.J. Herbert, ajluv2dans@gmail.com, Certified Group Exercise Instructor, National Exercise Trainer's Association (NETA), including ABLE Bodies Balance Training, FallProof!, and Fitness Over Fifty.)

Intro: 16

RUMBA BOX

1-4 Step left side, step right together (within the width of the walker)
3-4 Step left forward, hold
5-8 Step right side, step left together (within the width of the walker)
7-8 Step right back, hold

WALK BACK L-R-L, WALK FWD R-L-R (1/4 TURN LEFT FOR 8 COUNTS)

1-2 Step left back, step right back (beginning 1/4 turn left)
3-4 Step left back, hold
5-6 Step right forward, step left forward
7-8 Step right forward, hold (completing 1/4 turn left (9:00))

MAMBO L FORWARD, MAMBO R FORWARD

1-2 Rock left forward, step right back
3-4 Step left together, hold
5-6 Rock right forward, step left back
7-8 Step right together, hold

LEFT SIDE MAMBO, RIGHT SIDE MAMBO

1-4 Rock left side, recover to right
3-4 Step left together, hold
5-8 Rock right side, recover to left
7-8 Step right together, hold

REPEAT
