

Fix Your Own Sandwich

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: Damn Sandwich - Jordan Rainer



Mambo Forward, Mambo Back, Mambo Right, Mambo Left

1 & 2 Rock forward on R, recover on L, step back on R
3 & 4 Rock back on L, recover on R, step forward on L
5 & 6 Step R to right, recover on L, step R to L
7 & 8 Step L to left, recover on R, step L to R

Step Lock Step forward, Mambo forward, Step Lock Step back, ¼ Sailor left

1 & 2 Step forward on R, lock L behind R, step forward on R
3 & 4 Rock forward on L, recover on R, step back on L *(& hook)
5 & 6 Step back on R, lock R over L, step back R
7 & 8 Turn ¼ left sailor step (sweep L in back of R, step R to side, step L to side)

Side, together, turn ¼ right, Rock, recover, turn ¼ left, Cross, side, behind, sweep, behind, side, cross, flick

1 & 2 Step R to right, step L to R, turn ¼ right, stepping R forward
3 & 4 Rock forward on L, recover on R, turn ¼ left, stepping L to left **
5 & 6 Cross R over L, step L to left, step R behind L
7&8& Sweep L behind R, step R to right, cross L over R, flick R behind L

Rock Back, forward, back, ¼ sailor left, Sailor in place, ¼ Sailor left

1 & 2 Rock back on R, forward on L, back on R
3 & 4 Turn ¼ left sailor step (sweep L in back of R, step R to side, step L to side)
5 & 6 Sailor step in place (sweep R in back of L, step L to side, step R to side)
7 & 8 Turn ¼ left sailor step (sweep L in back of R, step R to side, step L to side)

*Restart after 12 counts on Wall 3 (hook R over L by adding an &)

**Restart after 20 counts on Wall 6

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