

Сен маған массың (Remix)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Penny Tan (MY) - May 2024
音樂: Сен маған массың (Remix) - Рахымжан Жақайым



Start Intro Dance after 16C heavy beat.

*No tag No restart

Intro Dance (16C)

iSec1:Cross,Side ,Cross,Point (R-L)

1-4 Cross RF over LF ,step LF to L ,cross RF over LF ,point L toes out to L side
5-8 Cross LF over RF , step RF to R , Cross LF over RF , point R toes out to R side

iSec2:Pivot ¼ Turn L x4

1-2 Step RF fwd , ¼ turn L , step LF to L

*Repeat another 3 times and back to 12:00

Main Dance (32C)

SEC1:V STEP , SIDE CHASSE (R-L)

1-4 Step RF diagonal fwd R , step LF diagonal fwd L , step RF back to center , step LF beside RF
5&6 Step RF to R ,step LF next to RF ,step RF to R
7&8 Step LF to L ,step RF next to LF, step LF to L

SEC2:BOTAFOGO R-L , ¼ R DIAMOND

1&2 Cross RF over LF ,rock LF to L , recover on RF
3&4 Cross LF over RF ,rock RF to R ,recover on LF
5&6 Cross RF over LF , 1/8 turn R , step LF slightly to L , step RF back with hitch L (1:30)
7&8 Step LF behind RF , 1/8 turn R , step RF to R , step LF fwd (3:00)

SEC3:HIP BUMPS

1-2 Step RF to R with hip bumps to R , hip bumps to L
3&4 Hip bumps RLR
5-6 Hip bumps LR
7&8 Hip bumps LRL (weight on L)

SEC4:1/2 TURN R TRAVELING VOLTA, MAMBO L-R

1&2& Step RF fwd , step LF behind RF , ¼ turn R ,step RF fwd , step LF behind RF
3&4 ¼ turn R ,step RF fwd , step LF behind RF , step RF fwd
5&6 Rock LF fwd , recover on R , step LF back
7&8 Step RF back , recover on L ,touch RF next to LF

(Optional:Shimming when you do mambo steps)

Have fun and happy dancing!