

Let Go Mambo

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Forty Arroyo (USA)
音樂: Mi Mulata - Frankie Negrón

牆數: 4

級數: Intermediate/Advanced mambo



HEEL, STEP, ¼ TURN STEP, TOUCH, STEP, TOUCH, ¼ TURN HEEL TAP, STEP

- 1-4 Tap right heel forward, step right in place, turning ¼ to right - step left to side, touch right next to left
- 5-8 Step right to side, touch left next to right, tap left heel forward turning ¼ to left, step left in place

STEP, HOLD, STEP, HEEL TAP, BALL, STEP, HOLD, STEP, SIDE TOUCH, CROSS

- 1-2&3-4 Step right forward, hold, step left in place, tap right heel forward, step ball of right next to left
- 5-6&7-8 Pushing off on right - step left to side, hold, step right next to left, touch left to side, cross left over right

BACK, TOGETHER, BACK, TOUCH, FORWARD, TOGETHER, FORWARD, TOUCH

- 1-4 Traveling back diagonally to right, step right, step left next to right, step right, touch left next to right
- 5-8 Traveling forward diagonally to left, step left, step right next to left, step left, touch right next to left

RIGHT MAMBO, PRESS, ¼ TURN, STEP, HOLD

- 1-4 Rock right to side, recover on left, step right next to left, hold
- 5-6 Press ball of left to side, pushing off on ball of left twisting heels to right - turn ¼ to left (weight on right)
- 7-8 Step left next to right, hold

RIGHT MAMBO, PRESS, ¼ TURN, STEP, HOLD

- 1-4 Rock right to side, recover on left, step right next to left, hold
- 5-6 Press ball of left to side, pushing off on ball of left twisting heels to right - turn ¼ to left (weight on right)
- 7-8 Step left next to right, hold

TRIPLE FORWARD, TOUCH, STEP, HEEL, STEP, TOUCH

- 1-4 Step right forward, step left next to right, step right forward, touch left toes behind right
- 5-8 Step slightly back on left, tap right heel forward, step right in place, touch left toe behind

¼ SIDE, TOGETHER, SIDE, BRUSH, JAZZ BOX

- 1-4 Step left to side turning ¼ to left, step right next to left, step left to side, brush right forward and across left
- 5-8 Cross step right over left, step slightly back on left, step side right, step left next to right

4 (¼) PADDLE TURNS WITH COUNTER TO THE RIGHT HIP ROTATIONS

- 1-2 Pushing hips to left - step slightly forward on ball of right, rotating hips to the left to right - turn ¼ to left
- 3-4 Repeat
- 5-6 Repeat
- 7-8 Repeat

End with weight on left

REPEAT

