

Let's Mambo (P)

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 0 級數: Partner
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Live for You - Rachael Lampa



Position: Right Open Promenade, holding inside hands (Man's Right and Lady's Left). Partners on opposite footwork

MAN

SYNCOPATED SIDE ROCK STEP, STEP, SYNCOPATED STEP-SLIDE-STEP, STEP, SYNCOPATED SIDE ROCK STEP, STEP, TO THE RIGHT ROLLING TURN

1&2 Step to the left on left foot; rock to the right onto right foot; step forward on left foot

3&4 Step forward on right foot; slide left foot next to right and step; step forward on right foot

5&6 Step to the left on left foot; rock to the right onto right foot; step forward on left foot

Raise man's left hand and lady's right. Lady turns under upraised joined hands. Release hands as lady completes turn...

7&8 Step slightly forward on right foot; slide left foot next to right and step; step right foot next to left and step

Join hands in the Closed Position (Traditional Two-Step). Man facing LOD and lady facing RLOD

SYNCOPATED STEP-SLIDE-STEP, FULL TURN TO THE LEFT, SYNCOPATED ROCK SYNCOPATED STEP-SLIDE-STEP, SYNCOPATED COASTER STEP, STEP, FORWARD STEP, SYNCOPATED STEP-SLIDE-STEP SYNCOPATED ROCK STEP, BACK STEP, SYNCOPATED STEP-SLIDE-STEP

9&10 Step forward on left foot; slide right foot next to left and step; step forward on left foot

Raise man's left hand and lady's right. Release man's right hand and lady's left as man turns under upraised joined hands

11&12 Step forward on right foot and begin a full turn to the left ; step on left foot and continue turn to the left ; step on right foot and complete full turn to the left

Rejoin hands returning to Closed Position

13&14 Step back on left foot; rock forward onto right foot; step forward on left foot

15&16 Step forward on right foot; slide left foot next to right and step; step forward on right foot

SYNCOPATED SIDE ROCK STEPS, CROSSES, SYNCOPATED SIDE STEP, BEHIND, STEP TURN, SYNCOPATED MILITARY PIVOT, FORWARD STEP

17&18 Step to the left on left foot; rock to the right onto right foot; cross left foot over right and step

19&20 Step to the right on right foot; rock to the left with left foot; cross right foot over left and onto step

Release man's left hand and lady's right

21&22 Step to the left on left foot; cross right foot behind right and step; step a ¼ turn to the left on left foot

Partners are now facing ILOD. Man's right arm behind lady's back and lady's left arm behind man's neck.

Drops arms as partners turn away from each other

23&24 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot; step slightly forward on right foot

Partners are now facing OLOD. Lady will be slightly ahead of man

SYNCOPATED SIDE STEP, BEHIND, STEP TURN, SYNCOPATED MILITARY PIVOT, FORWARD STEP (PARTNERS SWITCH SIDES)

Lady will pass in front of man as partners switch sides

25&26 Step to the left on left foot; cross right foot behind right and step; step a ¼ turn to the left on left foot

Partners have now switched sides. Man facing LOD and lady facing RLOD

27&28 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot; step forward on right foot

Partners are now facing each other. Man faces RLOD and lady faces LOD. Man takes up lady's left hand in his left

SYNCOPATED STEP-SLIDE, TOGETHER SYNCOPATED MILITARY PIVOT, FORWARD STEP

Raise left hands. Lady turns under upraised joined hands

29&30 Step forward on left foot; slide right foot next to left and step; step forward on left foot

Release hands as lady completes turn...

31&32 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot; step forward on right foot

Man takes up lady's left hand in his right returning to the Right Open Promenade Position, holding inside hands

REPEAT

LADY

SYNCOPATED SIDE ROCK STEP, STEP, SYNCOPATED STEP-SLIDE- SYNCOPATED SIDE ROCK STEP, STEP, SYNCOPATED STEP-SLIDE-STEP

1&2 Step to the right on right foot; rock to the left onto left foot, step forward on right foot

3&4 Step forward on left foot; slide right foot next to left and step; step forward on left foot

5&6 Step to the right on right foot; rock to the left onto left foot, step forward on right foot

Raise man's left hand and lady's right. Lady turns under upraised joined hands. Release hands as lady completes turn

7&8 Step forward and diagonally to the left on left foot and begin a ½ to the right rolling turn traveling forward; step on right foot and complete ½ to the right rolling turn; step back onto left foot

Join hands in the Closed Position (Traditional Two-Step). Man facing LOD and lady facing RLOD

SYNCOPATED STEP-SLIDE-STEP, SYNCOPATED COASTER STEP, SYNCOPATED ROCK STEP, BACK STEP, SYNCOPATED STEP-SLIDE-STEP

9&10 Step back on right foot; slide left foot next to right and step, step back on right foot

Raise man's left hand and lady's right. Release man's right hand and lady's left as man turns under upraised joined hands

11&12 Step back on left foot; step right foot next to left; step forward on left foot

Rejoin hands returning to Closed Position

13&14 Step forward on right foot; rock forward onto left foot; step back on right foot

15&16 Step back on left foot; slide right foot next to left and step, step back on left foot

SYNCOPATED SIDE ROCK STEPS, CROSSES, SYNCOPATED SIDE STEP, BEHIND, STEP TURN, SYNCOPATED MILITARY PIVOT, FORWARD STEP

17&18 Step to the right on right foot; rock to the left onto left foot, cross right foot behind left and step

19&20 Step to the left on left foot; rock to the right onto right foot, cross left foot behind right and step

Release man's left hand and lady's right

21&22 Step to the right on right foot; cross left foot behind right and step; step a ¼ turn to the right on right foot

Partners are now facing ILOD. Man's right arm behind lady's back and lady's left arm behind man's neck.

Drops arms as partners turn away from each other

23&24 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot; step forward on left foot

Partners are now facing OLOD. Lady will be slightly ahead of man

SYNCOPATED SIDE STEP, BEHIND, STEP TURN, SYNCOPATED MILITARY PIVOT, FORWARD STEP (PARTNERS SWITCH SIDES)

Lady will pass in front of man as partners switch sides

25&26 Step to the right on right foot; cross left foot behind right and step; step a ¼ turn to the right on right foot

Partners have now switched sides. Man facing LOD and lady facing RLOD

27&28 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot; step forward on left foot

Partners are now facing each other. Man faces RLOD and lady faces LOD. Man takes up lady's left hand in his left

SYNCOPATED TURN TO THE RIGHT, TOGETHER, SYNCOPATED TURN TO THE RIGHT, TOGETHER

Raise left hands. Lady turns under upraised joined hands

29&30 Step forward on right foot and begin a ½ turn to the right; step on left foot and complete ½ turn to the right; step right foot next to left

Release hands as lady completes turn

31&32 Step forward on left foot and begin a ½ turn to the right; step on right foot and complete ½ turn to the right; step left foot next to right

Man takes up lady's left hand in his right returning to the Right Open Promenade Position, holding inside hands

REPEAT
