

Mambo...My Love

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Oon Yean Wee (MY)
音樂: Mambo Rock - Bill Haley & The Comets



MAMBO RIGHT, MAMBO LEFT, HIP ROLLS WITH ½ TURN

1&2 Rock right foot to right side, recover weight on left foot, cross right foot over left foot
3&4 Rock left foot to left side, recover weight on right foot, cross left foot over right foot
5&6&7&8& Making a ½ turn left stepping on each count moving hips in a circle to the left (stepping on every count right-left-right-left-right-left-right-left)

HEEL BALL CROSSES, DWIGHT SWIVELS, KICK, CROSS, TURN

1&2 Touch right heel diagonally forward to right, step right foot back, cross left foot over right foot
3&4 Touch right heel diagonally forward to right, step right foot back, cross left foot over right foot
5 Swivel left heel right touching right toe beside left foot
& Swivel left toe right touching right heel diagonally forward right
6 Swivel left heel right touching right toe beside left foot
7&8 Kick right foot diagonally forward to right, cross right foot over left foot, turn ¾ left (unwind weight on left)

MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACKWARD

1&2 Rock right foot to right side, recover weight on left foot, step right foot beside left foot
3&4 Rock left foot to left side, recover weight on right foot, step left foot beside right foot
5&6 Rock right foot forward, recover weight on left foot, step right foot beside left foot
7&8 Rock left foot back, recover weight on right foot, step left foot beside right foot

CROSS, STEP, CROSS, SCISSOR STEP, RIGHT SHUFFLE WITH ½ TURN, LOCK LEFT SHUFFLE FORWARD

1&2 Step right foot behind left, step left foot to left side, cross right foot over left foot
3&4 Step left foot to left side, step right foot beside left foot, cross left foot over right foot
5&6 Step right foot forward with ¼ turn right, step left foot beside right foot, step right foot forward with ¼ turn right
7&8 Step left foot forward, cross right foot behind left, step left foot forward

REPEAT
