

Mao Dance

COPPER KNOB
BY STEPHENETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Susanne Mose Nielsen (DK)
音樂: Big Bad Broken Heart - The Nadine Somers Band



Dedicated to my very best friends Cecilia & Ivan Mao USA

SLOW MAMBO RIGHT BACK, LEFT FORWARD

1-4 Rock back on right, recover weight onto left, step right beside left, hold
5-8 Rock forward on left, recover weight onto right, step left beside right, hold

PIVOT LEFT- STEP-HOLD, PIVOT RIGHT-STEP, HOLD

9-12 Step forward on right, pivot ½ turn left, step forward on right, hold
13-16 Step forward on left, pivot ½ turn right, step forward on left, hold

VINE RIGHT- VINE ¼ TURN LEFT

17-20 Step right to right, step left behind right, step right to right, scuff left
21-24 Step left to left, step right behind left- step left ¼ turn left, touch right to left

SLOW VAUDEVILLES RIGHT & LEFT

25-28 Step right to right, place left heel out diagonally left ("hands up"), step left foot in place, step right foot next to left
29-32 Step left to left, place right heel out diagonally right ("hands up"), step right foot in place, step left foot next to right

STROLL RIGHT & LEFT (DIAGONALLY LOCK STEPS)

33-36 Step right foot diagonally right, lock left behind right, step right foot diagonally right, scuff
37-40 Step left foot diagonally left, lock right foot behind left, step left foot diagonally left, touch

2X MONTEREY TURN ½ RIGHT

41-42 Touch right toe to right (point right finger at right foot)- pivot ½ turn right on ball of your left foot- stepping right foot next to left, as you complete this turn
43-44 Touch left toe to left (point left finger at left foot)- step left foot next to right
45-48 Repeat 41-44

SWIVET RIGHT & LEFT-TOE POINT BACK, HOLD, PIVOT ½ RIGHT, HOLD

49-50 Weight on right heel and left toe fan right toes to right as you fan left heel to left and back to center ("hitch hike" both right & left over right shoulder)
51-52 Weight on left heel and right toe fan left toes to left as you fan right heel to left and back to center ("hitch hike" both left & right over left shoulder)
53-54 Point right toe back, hold
55-56 Pivot on balls of feet ½ turn right, hold

SIDE MAMBO SLOW LEFT & RIGHT

57-60 Rock left to left side, recover weight onto right, step left next to right, hold
61-64 Rock right to right side, recover weight onto left, step left next to right, hold

REPEAT

TAG

Dance counts 1-32 and then step right diagonally forward, lock left behind, step right diagonally forward, scuff, pivot turn ½ right, step left next to right, open arms

