

Marimba

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Chris Hodgson (UK)
音樂: Mucho Mambo (Sway) - Shaft



SIDE ROCK / CROSS SHUFFLE

1-2 Step right to right side, rock weight onto left
3&4 Cross step right over left, step left to left side, cross step right over left

SIDE ROCK ¼ TURN RIGHT / SHUFFLE FORWARD

1-2 Step left to left side, rock weight onto right making ¼ turn right
3&4 Step forward on left, step right behind left heel, step forward left

ROCK STEPS (WITH LARGE HIP CIRCLES) / SHUFFLE FORWARD / ROCK STEP

1-2 Step forward on right, rock weight back onto left (circling hips to left)
3-4 Rock weight forward onto right, rock back onto left (circling hips to left)
5&6 Step forward on right, step left behind right heel, step forward right
7-8 Step forward on left, rock weight back onto right

SLIDE BACK-BACK / TRIPLE SLIDE BACK / STEP BACK-HOLD / SHUFFLE FORWARD

1-2 Slide ball of left foot back, slide ball of right foot back
3&4 Slide ball of left foot back, slide ball of right foot back, slide ball of left foot back
5-6 Step back on right, hold position for one count
7&8 Step forward on left, step right behind left heel, step forward on left

SIDE ROCK RIGHT / TRIPLE ½ TURN LEFT / SIDE ROCK LEFT / TRIPLE ½ TURN RIGHT

1-2 Step right to right side, rock weight onto left
3&4 Triple step in place making ½ turn left on right-left-right
5-6 Step left to left side, rock weight onto right
7&8 Triple step in place making ½ turn right on left-right-left

REPEAT

IMPORTANT INFO FOR LONG INTRODUCTION

When using Mucho-Mambo, there is a 55 second intro, so fast forward your CD to 50 seconds, and listen for the words "When Marimba Rhythm Starts To play". And start the dance on the word "STARTS".