

Mary's Back

COPPERKNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lesley Clark (SCO)
音樂: Family Affair - Mary J. Blige



WALK RIGHT & LEFT, RIGHT MAMBO, ROCK & CROSS, SIDE, BEHIND, ¼ TURN

1-2 Walk forward right and left
3&4 Rock forward right, recover weight on left, step right together
5&6 Rock left to left side, recover weight on right, cross step left over right
7&8 Step right to right side, step left behind right, turn ¼ right stepping forward onto right

LEFT MAMBO, RIGHT LOCKSTEP, LEFT COASTER STEP, ½ TURN, TOUCH

1&2 Rock forward left, recover weight on right, step left together
3&4 Step back on right, lock left in front of right, step back on right
5&6 Step back left, step right together, step left forward
7-8 Sweep right out, turning ½ left, touch right beside left

LUNGE RIGHT, KICK, BEHIND, SIDE, CROSS, LEFT MAMBO, WALK BACK

1-2 Touch right to right side, lean onto right, kick right out to right diagonal
3&4 Step right behind left, step left to left side, cross step right over left
5&6 Rock forward left, recover weight on right, step left together
7-8 Walk back right, left

RIGHT COASTER STEP, LEFT LOCKSTEP, STEP, TURN, STEP, LEFT MAMBO

1&2 Step back on right, step left together, step forward on right
3&4 Step forward on left, lock right behind left, step forward on left
5&6 Step forward on right, ½ turn left, step forward right
7&8 Rock left to side, recover weight on right, step left together

REPEAT
