

It's A Mess (Of A Mambo)

COPPER **NOB**
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Bill Coombs (UK)
音樂: Mambo Italiano - Shaft



RIGHT MAMBO ROCK FORWARD, LEFT SIDE MAMBO ROCK WITH ¼ TURN

1-2 Rock forward on right foot, rock weight back onto left foot
3-4 Step right foot beside left foot, hold for 1 count
5-6 Rock left foot to left side, rock weight onto right foot with ¼ turn left
7-8 Step left foot beside right foot, hold for 1 count

RIGHT MAMBO ROCK FORWARD, LEFT SIDE MAMBO ROCK WITH ¼ TURN

9-10 Rock forward on right foot, rock weight back onto left foot
11-12 Step right foot beside left foot, hold for 1 count
13-14 Rock left foot to left side, rock weight on to right foot with ¼ turn left
15-16 Step left foot beside right foot, hold for 1 count

RIGHT ROCK FORWARD, TRIPLE ½ TURN RIGHT, FORWARD LEFT COASTER STEP, RIGHT SIDE ROCK WITH ¼ TURN LEFT

17-18 Rock forward on right foot, replace weight back onto left foot
19&20 Triple ½ turn right stepping right, left, right
21&22 Step left foot forward, step right foot beside left foot, step left foot back
23-24 Rock right foot to right side, rock weight onto left foot with ¼ turn left

RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD, STEP LEFT BACK, RIGHT HOOK, RIGHT ¼ TURN SHUFFLE

25& Step right foot forward, close left foot beside right foot
26 Step right foot forward
27-28 Rock forward on left foot, rock weight back onto right foot
29-30 Step back on left foot, book right foot over left knee
31& Step right foot ¼ turn right, step left foot beside right foot
32 Step right foot forward

LEFT MAMBO ROCK BACK, RIGHT SIDE MAMBO ROCK WITH ¼ TURN

33-34 Rock back on left foot, rock weight forward onto right foot
35-36 Step left foot beside right foot, hold for 1 count
37-38 Rock right foot to right side, rock weight onto left foot with ¼ turn left
39-40 Step left foot beside right foot, hold for 1 count

LEFT MAMBO ROCK BACK, RIGHT SIDE MAMBO ROCK WITH ¼ TURN

41-42 Rock back on left foot, rock weight forward onto right foot
43-44 Step left foot beside right foot, hold for 1 count
45-46 Rock right foot to right side, rock weight onto left foot with ¼ turn left
47-48 Step right foot beside left foot, hold for 1 count

LEFT & RIGHT TOE STRUTS, LEFT KICK BALL TURN, STEP RIGHT, SLIDE LEFT

49-50 Step left toe forward, drop left heel to floor
51-52 Step right toe forward, drop right heel to floor
53& Kick left foot forward, step ball of left in place with ¼ turn right
54 Touch right foot beside left foot
55-56 Step right foot a large step to right side, slide left foot beside right foot

RIGHT CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK, ¼ TURN SHUFFLE LEFT

- 57-58 Cross rock right foot over left foot, rock weight back onto left foot
- 59& Step right foot to right side, close left foot beside right foot
- 60 Step right foot to right side
- 61-62 Cross rock left foot over right foot, rock weight back onto right foot
- 63& Step left foot to left side with ¼ turn left, step right foot beside left foot
- 64 Step left foot forward (steps 63&64 can be done with a full turn and a ¼)

REPEAT

ENDING

On wall 5 to finish the dance, dance as follows

RIGHT SIDE MAMBO ROCK WITH ¼ TURN, LEFT SIDE MAMBO ROCK WITH ¼ TURN

- 1-2 Rock right foot to right side, rock weight onto left foot with ¼ turn left
- 3-4 Step right foot beside left foot, hold for 1 count
- 5-6 Rock left foot to left side, rock weight onto right foot with ¼ turn right
- 7-8 Step left foot beside right foot, hold for 1 count

RIGHT MAMBO ROCK BACK, LEFT MAMBO ROCK FORWARD

- 9-10 Rock back on right foot, rock weight forward onto left foot
- 11-12 Step right foot beside left, hold for 1 count
- 13-14 Rock forward on left foot, rock weight back onto right foot
- 15-16 Step left foot beside right foot, hold for 1 count

LEFT SIDE MAMBO ROCK WITH ¼ TURN, RIGHT SIDE MAMBO ROCK WITH ¼ TURN

- 17-18 Rock left foot to left side, rock weight onto right foot with ¼ turn right
- 19-20 Step left foot beside right foot, hold for 1 count
- 21-22 Rock right foot to right side, rock weight onto left foot with ½ turn left

LEFT MAMBO ROCK BACK, RIGHT MAMBO ROCK FORWARD

- 25-26 Rock back on left foot, rock weight forward onto right foot
- 27-28 Step left foot beside right foot, hold for 1 count
- 28-30 Rock right foot forward, rock weight back onto left foot
- 31-32 Step right foot beside left foot, hold for 1 count

Steps 63 & 64 can be done with a full turn and a ¼
