

Hey Mambo

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: BM Leong (MY)
音樂: Mambo Italiano - Bette Midler



SIDE ROCK, FORWARD MAMBO, SIDE ROCK, SAILOR-CROSS

1-2 Rock right to right side swaying hips right, recover onto left swaying hips left
3&4 Step right forward, recover onto left, step right beside left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left over right

KICK, BACK, KICK, BACK, COASTER STEPS, FORWARD SHUFFLE

1-2 Kick right forward to right diagonal, step right back
3-4 Kick left forward to left diagonal, step left back
5&6 Step right back, step left beside right, step right forward
7&8 Step left forward, step right beside left, step left forward

STEP, ¼ TURN LEFT, CROSS SHUFFLE, SWIVEL LEFT ON HEELS/TOES/HEELS/TOES

1-2 Step right forward, ¼ turn left shifting weight onto left
3&4 Cross shuffle on right-left-right
5-6 Step left to left side twisting heels left, twist toes left
7-8 Twist heels left, twist toes left

CROSS MAMBO TWICE, RIGHT HIP BUMPS TWICE, LEFT HIP BUMPS TWICE

1&2 Cross right over left, recover onto left, step right to right side
3&4 Cross left over right, recover onto right, step left to left side
5-6 Bump hips to right side twice
7-8 Bump hips to left side twice

REPEAT

TAG

At the end of wall 5

1-3 Twist to right side on heels, toes, heels, hold
5-8 Twist to left side on heels, toes, heels, hold

RESTART

Restart during wall 8 after 16 counts
