

Mambo A Heya

COPPER **KNOB**
BY STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) & Ramona Pennings (NL) - September 2007
音樂: Mambo (Radio Mix) - Helena Paparizou



STEP 1/2 PIVOT, 1/4 STEP WITH RF OUT IN A QUICK MOTION, HOLD, 2X MAMBO HIP ROCK

1-2 Rf step forward, 1/2 turn left (facing 6:00)
&3-4 1/4 turn left, Rf step out right in a quick motion, hold (facing 3:00)
5&6 Rf step next Lf, Lf step next Rf, Rf step out to right (facing 3:00)
7&8 Lf step next Rf, Rf step next Lf, Lf step out to left weight on Lf (facing 3:00)

STEP 1/2 PIVOT, 1/4 STEP WITH RF OUT IN A QUICK MOTION, HOLD, 2X MAMBO HIP ROCK

9-10 Rf step forward, 1/2 turn left (facing 9:00)
&11-12 1/4 turn left, Rf step out right in a quick motion, hold (facing 6:00)
13&14 Rf step next Lf, Lf step next Rf, Rf step out to right (facing 6:00)
15&16 Lf step next Rf, Rf step next Lf, Lf step out to left weight on Lf (facing 6:00)

SIDE SHUFFLES, HITCH, 3/4 TRAVELLINGS TURN, FWD

17&18& Rf step to the right, Lf glose next to Rf, Rf step to the right, Lf step next Rf (facing 6:00)
19-20 Rf step to the right, Lf hitch knee side (facing 6:00)
21a22 Lf across Rf in a 1/8 turn left, Rf step 1/8 to the right side, Lf across Rf (facing 3:00)
a23a24 Rf step 1/8 to the right side, Lf across Rf, Rf step 1/8 to the right side, Lf across Rf (facing 12:00)

ROCK FWD, RIGHT ANCHOR STEP, CHA CHA BREAKS BACK, TOUCH

25-26 Rf rock forward, Lf recover (facing 12:00)
27&28 Cross Rf behind Lf taking weight onto it, recover weight onto Lf, step back on Rf (facing 12:00)
&29&30 Lf step back and push Rf forward on toe, Rf step back and push Lf forward on toe (facing 12:00)
&31&32 Lf step back and push Rf forward on toe, Rf step back and touch Lf next Rf weight onto Rf (facing 12:00)

1/4 TURN, LOCK SHUFFLES FWD WITH HITCHES IN ATTITUDE, STEP 1/2 PIVOT, LOCK SHUFFLE

note: when you make the lock shuffles fwd, with knee hitches

&33&34 1/4 turn left, Lf step forward, Rf lock behind Lf, Lf step forward (facing 9:00)
&35&36 Lf step forward, Rf lock behind Lf, Lf step forward (facing 9:00)
37-38 Rf step forward, 1/2 turn left end weight onto Lf (facing 3:00)
39&40 Rf step forward, Lf glose behind Rf, Rf step forward (facing 3:00)

LEFT SIDE MAMBO, RIGHT SIDE MAMBO, 2X JUMP BACK IN OUT POSITION, AND TOUCH

41&42 Lf step to the left side, Lf step next Rf (facing 3:00)
43&44 Rf step to the right side, Rf step next Lf (facing 3:00)
&45&46 Rf jump back and ending in a out out position, Rf jump back in center (facing 3:00)
&47&48 Rf jump back and ending in a out out position, Rf jump back in center and touch Rf next Lf ending weight onto Lf (facing 3:00)

RESTARTS:

On the 3rd wall you get a restart, after the counts, 1 t/m 16

On the 6st wall you get a restart, after the counts, 41 t/m 44

REPEAT