

# African Stroll

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner social cha  
編舞者: David Feltell (UK)  
音樂: Mamma Africa - Two In One



## STEP RIGHT, TOGETHER, RIGHT MAMBO, STEP LEFT, TOGETHER, LEFT MAMBO

1-2            Step right to right side, step left next to right  
3&4           Rock out to right, recover on left, step right, next to left, (mambo)  
5-6            Step left to left side, step right next to left  
7&8            Rock out to left, recover on right, step left next to right (mambo)

## STEP FORWARD RIGHT, TOGETHER, RIGHT SHUFFLE, STEP FORWARD LEFT, TOGETHER, LEFT SHUFFLE

### Steps 1-4 to be danced on the right diagonal

1-2            Step forward right, close left next to right  
3&4            Step forward right, close left to right, step forward right, (shuffle)

### Steps 5-8 to be danced on the left diagonal

5-6            Step forward left, close right to left  
7&8            Step forward left, close right to left, step forward left, (shuffle)

## WALK BACK RIGHT, LEFT, SHUFFLE ½ TURN, WALK FORWARD LEFT, RIGHT, SHUFFLE ½ TURN

1-2            Walk back right, walk back left  
3&4            Turn ½ turn over right shoulder on right, left, right, (shuffle turn) (6:00)  
5-6            Walk forward left, walk forward right, (starting to turn towards right)  
7&8            Turn ½ turn to right on left, right, left, (shuffle ½ turn)(12:00)

### Alternative steps for non turners:

## WALK BACK RIGHT, LEFT, TRIPLE STEP, WALK BACK LEFT, RIGHT, TRIPLE STEP

1-2            Walk back right, walk back left  
3&4            Triple step in place right, left, right  
5-6            Walk back on left, walk back on right  
7&8            Triple step in place left, right, left

## RIGHT ROCK BACK, RECOVER, ROCK & CROSS, LEFT POINT, TOUCH, SAILOR ¼ TURN LEFT

1-2            Rock back on right, recover onto left  
3&4            Rock right out to right, recover onto left, cross right in front of left  
5-6            Point left to left, touch left next to right  
7&8            Sweep left out and round to left (¼ turn) stepping left, right, left, (sailor)

## REPEAT

About three-quarters through Mamma Africa the music slows down for a few beats. Dance through this at normal dance speed to come back onto beat again