

Crazy Foot Mambo

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Paul McAdam (UK) - February 2008
音樂: If You Wanna Be Happy - Dr. Victor & The Rasta Rebels



Count in: Start on vocals approximately 22 seconds into track

(1-8) MAMBO FORWARD, MAMBO BACK, STEP-LOCK-STEP, STEP ½ PIVOT STEP FORWARD

1&2 Rock forward on right foot, rock back on left foot, step back on right foot
3&4 Rock back on left foot, rock forward on right foot, step forward on left foot
5&6 Step forward on right foot, lock left foot behind right, step forward on right
7&8 Step forward on left foot, pivot ½ turn right, step forward on left foot

(9-16) SIDE-ROCK-CROSSES X2, TURN HITCHES WITH CLAPS, RIGHT LOCK STEP

1&2 Rock right foot out to right side, recover weight onto left, cross right foot over left
3&4 Rock left foot out to left side, recover weight onto right, cross left foot over right
5& Make a ¼ turn left and step back on right foot, hitch left knee and clap hands
6& Make a ½ turn left and step forward on left foot, hitch right knee and clap hands
7&8 Step forward on right foot, lock left foot behind right foot, step forward on right foot

(17-24) RHUMBA BOX, SIDE-CROSS-SIDE-KICK X2

1&2 Step left foot to left side, step right foot together, step left foot forward
3&4 Step right foot to right side, step left foot together, step right foot back
5&6& Step left foot to left side, cross right foot over left, step left foot to left side, kick right foot to right diagonal
7&8& Step right foot to right side, cross left foot over right, step right foot to right side, kick left foot to left diagonal

(25-32) BEHIND ¼ TURN, STEP ½ TURN STEP, STEP-LOCK-STEP-STEP-LOCK- STEP-STEP

1&2 Cross left foot behind right, make a ¼ turn right and step forward on right foot, step forward on left foot
3&4 Step forward on right foot, pivot a ½ turn left, step forward on right foot
5&6 Step forward on left foot, lock right foot behind left, step forward on left foot
&7& Step forward on right foot, lock left foot behind right, step forward on right foot
8 Step forward on left foot

START AGAIN AND ENJOY!