

My Mamacita

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - July 2008
音樂: Mamacita - Banaroo



Start The Dance Facing 12:00: Start on the words, " She Was The Young Girl"

(1-8) Cross & Step With 1/8 Turn R, Running Fwd L-R-L, Back Side Cross With 1/8 Turn L, Back Side Cross With 1/4 Turn R

- 1&2 (1)Cross Rf over Lf,(&) step Lf back,(2) turn 1/8 right and step Rf to the right side weight onto Rf (1:30)
3&4 (3)step forward on Lf on diagonal,(&) step forward on Rf on diagonal,(4) step forward on Lf on diagonal
5&6 (5)Step back on Rf,(&) turn 1/8 left and step Lf to the left side,(6) cross Rf over Lf weight onto Rf (12:00)
7&8 (7)Step back on Lf,(&) turn 1/4 right and step Rf to the right side,(8) cross Lf over Rf weight onto Lf (3:00)

(9-16) Mambo Cross,1/4 Curving Back L-R-L, Step Fwd R, Step Fwd L, Turn 1/4 L Side Cross Rock Back / Recover, Step Fwd L With 1/4 Turn L

- 1&2 (1)Mambo Rf to the right side,(&) recover on Lf,(2) cross Rf over Lf weight onto Rf (3:00)
3&4 (3)Turn 1/4 Left and step back on Lf,(&) step back on Rf,(4) step back on Lf weight onto Lf (12:00)
5&6 (5)Step forward on Rf,(&) step forward on Lf,(6) turn 1/4 left and step right to the right side (9:00)
7&8 (7)Rock Lf behind Rf,(&) recover on Rf,(8) turn 1/4 left and step forward on Lf weight on Lf (6:00)

(17-24) Syncopated Hip Bumps R-L-R, Full Side Triple Turn, Ball Cross Point, Cross Full Unwind

- 1&2 (1)Pull R hip to the right,(&) recover on Lf and pull L hip to the left,(2) recover on Rf and pull R Hip to the right weight onto Rf (6:00)
3&4 (3&)Full triple turn slightly to the left side,(4) step Lf out to the left side weight onto Lf (6:00)
5&6 (5)Step Rf back in place on ball,(&) cross Lf over Rf,(6) Rf point out to the right side
7-8 (7)Cross Rf over Lf,(8) Unwind a Full left take weight onto Lf (6:00)

(25-32) Rock And Side, Cross & Back, Step Back, Step Fwd R, Step Fwd L, Turn 1/4 L Side, Back Rock / Recover, Step Fwd L With 1/4 Turn L

- 1&2 (1)Cross rock forward on Rf,(&) recover on Lf,(2) step Rf to the right side (6:00)
3&4 (3)Cross Lf over Rf,(&) turn 1/4 left and step back on Rf,(4) step Back on Lf (3:00)
5&6 (5)Step forward on Rf,(&) step forward on Lf,(6) turn 1/4 left and step right to the right side (12:00)
7&8 (7)Rock Lf behind Rf,(&) recover on Rf,(8) turn 1/4 left and step forward on Lf weight on Lf (9:00)

Start The Dance Again And Have Fun
