

De Hombre A Mujer

COPPER KNOB
STEPPERS

拍數: 40 牆數: 2 級數: Beginner
編舞者: Nena Matela (USA) - May 2011
音樂: De Hombre A Mujer - Donato & Estefano : (Album: Lo Mejor De Donato y Estefano)



Alternate music: Patricia by Mestizzo [Tongoneo]

Start dancing on lyrics

MAMBO FORWARD-HOLD (LEFT, RIGHT)

1-2 Rock L forward, recover to R
3-4 Step L back, hold
5-6 Rock R forward, recover to L
7-8 Step R back, hold

MAMBO SIDE-HOLD (LEFT, RIGHT)

1-2 Rock L to side, recover to R
3-4 Step L together, hold
5-6 Rock R to side, recover to L
7-8 Step R together, hold

SIDE-BEHIND-SIDE-CROSS, SIDE CHASSE, BACK ROCK

1-2 Step L to side, cross R behind L
3-4 Step L to side, cross R over L
5&6 Chasse to left stepping L,R,L
7-8 Rock R back recover to L

SIDE-BEHIND-SIDE-CROSS, SIDE CHASSE, BACK ROCK

1-2 Step R to side, cross L behind R
3-4 Step R to side, cross L over R
5&6 Chasse to right stepping R,L,R
7-8 Rock L back, recover to R

STRIDE-HOLD-AND-SIDE-HOLD, TURN-STEP, STEP-HOLD

1-2 Long step L to side (shimmy), hold
&3-4 Step R together, step L to side, hold
5-6 Turn 1/2 left and step R to side, step L together
7-8 Step R in place, hold

Easier option:

1-2 Long step L to side (shimmy), hold
3-4 Step R together, hold
5-6 Long step L to side (shimmy), hold
7-8 Pivot 1/2 left & step R together, hold

REPEAT