

Una Bella Mambo (A Beautiful Mambo)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - August 2011
音樂: La cummare - Orchestra Mario Riccardi : (CD: La Barca 2010)



Intro: 16 Counts (08 Sec)

[1-8] Kick, Back Rock, Recover, Kick, Step, Kick, Step, Fwd Mambo, 1/4 Turn L, Side, Cross Mambo, Side
1&2& Kick Rf forward, step Rf back in place, rock Lf back, recover on Rf (12:00)
3&4& Kick Lf forward, step Lf back in place forward, Kick Rf forward, step Rf back in place forward
5&6 Mambo Lf forward, recover on Rf, turn 1/4 left (9) step Lf to the left weight onto Lf
7&8 Cross mambo Rf forward, recover on Lf, step Rf to the right weight onto Rf (9:00)

[9-16] Cross, Side, Behind, 1/4 Turn R, Hitch, Running Back R-L-R, Heel, Ball, Side Rock, Recover, Heel Switches R-L

1&2& Cross Lf over Rf, step Rf to the right, step Lf behind Rf, turn 1/4 right on Lf (12) hitch R knee up weight onto Lf
3&4 Step Rf back, step Lf back, step Rf back weight onto Rf
5&6& Touch L heel forward, step Lf next to Rf, rock Rf to the right, recover on Lf
7&8& Touch R heel forward, step Rf next to Lf, touch L heel forward, step Lf next to Rf weight onto Lf (12:00)

In the eighth wall repeat the heel switches, then continue with Sec 3 (facing 12 o'clock)

[17-24] Side, Flick, Side, Flick, Side, 1/4 Turn L, Hitch, Replace, Hitch, Cross Samba (Right), Lock Step Fwd

1&2& Step Rf to the right, flick left heel slightly up behind right leg, step Lf to the left, flick right heel slightly up behind left leg
3&4& Turn 1/4 left (9) step Rf back, hitch L knee up, step Lf back in place, hitch R knee up weight onto Lf
5&6 Cross Rf over Lf, step Lf slightly forward, step Rf slightly forward weight onto Rf (Cross Samba Right)
7&8 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf (Lock Step Fwd) (9:00)

[25-32] Touch, Flick, 1/4 Turn L, Side, Hitch, Chasse, Sailor Cross 1/2 Turn R, 3/4 Triple Turn L

1&2& Touch Rf forward, flick right heel slightly up in front of left leg, turn 1/4 left (6) step Rf to the right, Hitch L knee up weight onto Rf
3&4 Step Lf to the left, step Rf beside Lf, step Lf to the left weight onto Lf (Chasse)**
5&6 Step Rf behind Lf, turn 1/2 right (12) step Lf to the left, cross Rf over Lf weight onto Rf
7&8 Triple 3/4 left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf (3/4 triple turn left)

** Restart WALL 4, after 28 counts (Facing 3 o'clock)

Tags Here: WALLS 2 and 5 after 32 counts (Facing 6 o'clock)

Step Back, Hold, Inside Heel Grind, Replace

1-2 Step Rf back, Hold (weight onto Rf)
3-4 Grind L heel inside (toes from front to Right), step Lf back in place weight onto Lf

Start again and have fun!