

Ay Mama (Merengue) 2008

COPPERKNOB
STEPSHEETS

拍數: 88 牆數: 4 級數: Intermediate
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音樂: ¡Ay! Mama - Salsation



I: BASIC MERENGUE RIGHT BASIC MERENGUE LEFT

1-4 Step RF to right, LF next to right, step RF to right, touch LF next to right
5-8 Step LF to left, RF next to left, step LF to left, touch RF next to left

II: BASIC MERENGUE FORWARD AND BACK

1-4 Step forward RF, LF next to right, forward RF, LF next to right
5-8 Step back with RF, LF next to right, back with RF, LF next to right

III: SHIMMY RIGHT 2X

1-4 Big step to right, knees bent, step LF next to right as you straighten up - Shimmy shoulders as you take the big step
5-8 Repeat above steps.

IV: LAMBADA WITH ¼, 1/2 TURNS

1&2 Make a ¼ turn right, step LF to left, bump hips 2x to left (3:00)
3&4 Step RF to right, bump hips 2x to right
5&6 ½ turn right, stepping LF to left, bump hips 2x to left (9:00)
7&8 Bump hips 2x to right as you make a ¼ turn right (12:00)

V: SHIMMY LEFT 2X

1-4 Big step to left, knees bent, step RF next to left as you straighten up - Shimmy shoulders as you take the big steps
5-8 Repeat above steps

VI: LAMBADA WITH ¼, ½ TURNS

1&2 Make ¼ turn left, step RF to right, bump hips 2x to right (9:00)
3&4 Step LF to left, bump hips 2x to left
5&6 ½ turn left, stepping RF to right, bump hips 2x to right (3:00)
7&8 Bump hips 2x to left as you make a ¼ turn to left (12:00)

VII: FORWARD SHUFFLE, PADDLE TURN LEFT

1&2 Forward with RF, LF next to right, forward with RF
3&4 Forward with LF, RF next to left, forward with LF
5-6 Step forward with RF, ¼ turn left, step LF in place
7-8 Step forward with RF, ¼ turn left, step LF in place

VIII: FORWARD SHUFFLE, PADDLE TURN LEFT

1&2 Forward with RF, LF next to right, forward with RF
3&4 Forward with LF, RF next to left, forward with LF
5-6 Step forward with RF, ¼ turn left, step LF in place
7-8 Step forward with RF, ¼ turn left, step LF in place

IX: SYNCOPATED DIAGONAL STEPS

1& Step RF diagonally forward to right, touch LF beside RF
2& Step LF diagonally back to left, touch RF beside LF
3& Step RF diagonally to forward right, touch LF beside RF
4 Step LF diagonally back to left
5& Step RF diagonally back to right, touch LF beside RF

- 6& Step LF diagonally forward to left, touch RF beside LF
- 7& Step RF diagonally back to right, touch LF beside RF
- 8 Step LF forward

X: STEP TOGETHER POINT RIGHT AND LEFT

- 1-4 Step RF to side, step LF slightly behind RF knees bent, point RH as you straighten up, step RF next to LF
- 5-8 Step LF to side, step RF slightly behind LF knees bent, point LH as you Straighten up , step LF next to RF

XI: STEP TOGETHER POINT RIGHT AND LEFT WITH A ¼ TURN

- 1-4 Step RF to side, step LF slightly behind RF knees bent, point RH as you straighten up, step RF next to LF
- 5-8 Step LF to side, step RF slightly behind LF knees bent, make a ¼ turn right point LH as you straighten up , step LF next to RF

Start with a new wall – direction should be clockwise.
