

Rock & Roll Mambo

COPPER KNOB
STEPSHEETS

拍數: 88 牆數: 1 級數: Phrased Intermediate
編舞者: Patrick Latendresse (CAN) - December 2012
音樂: Seven Nights to Rock - BR5-49



Order parts: AB-ABC-BACC-BA

A1: MAMBO STEPS RIGHT

1-2-3-4 Step right forward, recover weight on left, step right backward, recover weight on left
5-6-7-8 Step right forward, recover weight on left, step right backward, recover weight on left

A2: SYNCOPATED R WINE, TOUCH

1-2 Step right to side, cross left behind right
3-4 Step right to side, cross left over right
5-6 Step right to side, cross left behind right
7-8 Step right to side, touch left beside right

A3: MAMBO STEPS LEFT

1-2-3-4 Step left forward, recover weight on right, step left backward, recover weight on right
5-6-7-8 Step left forward, recover weight on right, step left backward, recover weight on right

A4: SYNCOPATED LEFT WINE, TOUCH

1-2 Step left to side, cross right behind left
3-4 Step left to side, cross right over left
5-6 Step left to side, cross right behind left
7-8 Step left to side, touch right beside left

A5: FULL TURN LEFT, HOLD, FULL TURN RIGHT, PAUSE

1-2 Step right forward, start turning $\frac{1}{4}$ turn left while pushing with right foot
3-4 keep on turning $\frac{1}{2}$ turn left while pushing on right foot
5-6 Touch right forward and keep on turning $\frac{1}{4}$ turn left while pushing with left foot
7-8 Step right beside left, pause

(While you turn wave your arms in the air in circle motion at the same time)

A6: FULL TURN RIGHT, HOLD, FULL TURN LEFT, PAUSE

1-2 Step left forward, start turning $\frac{1}{4}$ turn left while pushing with left foot
3-4 keep on turning $\frac{1}{2}$ turn right while pushing on left foot
5-6 Touch left forward and keep on turning $\frac{1}{4}$ turn right while pushing with left foot
7-8 Step left beside right, pause

B1: KICKS, SIDE MAMBO, PAUSE

1-2 Kick right foot forward, step right beside left
3-4 Kick left foot forward, step left beside right
5-6 Step right to side, recover weight on left step right beside left
7-8 Step right beside left, pause

B2: KICKS, SIDE MAMBO, PAUSE

1-2 Kick left foot forward, step left beside right
3-4 Kick right foot forward, step right beside left
5-6 Step left to side, recover weight on right step left beside right
7-8 Step left beside right, pause

Repeat kicks part 2 more times

REPEAT AB PARTS

C1: CHARLESTON STEPS, STEP TOUCHES

- 1-2 Touch right over left, pause
- 3-4 Step right behind left, pause
- 5-6 Touch left behind right, pause
- 7-8 Step right forward left, pause

REPEAT THAT PART ONE MORE TIME

C2: STEP TOUCHES, SIDE STEP SLIDE RIGHT

- 1-2 Step right to side, touch left beside right
- 3-4 Step left to side, touch right beside left
- 5-6 Step right to side, slide left beside right
- 7-8 Step right to side, touch left beside right

C3: STEP TOUCHES, SIDE STEP SLIDE LEFT

- 1-2 Step left to side, touch right beside left
- 3-4 Step right to side, touch left beside left
- 5-6 Step left to side, slide right beside left
- 7-8 Step left to side, touch right beside left

REPEAT BACC-BA PARTS

Contact: patricklatendresse@videotron.ca
