

Mambo Mambo (曼波曼波) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Mambo Mambo by Marot Viki



Intro: 32 counts

S1: FWD MAMBO - HITCH - L CHASSE 1/4 TURN L - MAMBO 1/2 TURN R - HITCH - BACK SHUFFLE 1/2 TURN R

1&2&3&4 Rock RF fwd - Recover onto LF - Step RF beside LF - Hitch LF - Step LF to L - Step RF beside LF - 1/4 turn L (9:00) step LF fwd
5&6&7&8 Rock RF fwd - Recover onto LF - 1/2 turn R (3:00) step RF fwd - Hitch LF - Back shuffle (LRL) 1/2 turn R (9:00)
1&2&3&4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足稍微提起 - 左足左踏 - 右足併踏左足 - 旁 - 左轉 1/4 (9:00) 左足前踏
5&6&7&8 右足前下沉 - 重心回左足 - 右轉 1/2 (3:00) 右足前踏 - 左足稍微提起 - 後交換步 - (左右左) 向右轉 1/2 (9:00)

S2: BACK MAMBO - FWD LOCK STEP - MAMBO CROSS 1/4 TURN L - TWIST - FLICK

1&2, 3&4 Rock RF back - Recover onto LF - Step RF fwd - Step LF fwd - Lock RF behind LF - Step LF fwd
5&6, 7&8& Rock RF fwd - 1/4 turn L (6:00) recover onto LF - Cross RF over LF - Twist (LRL) - Flick RF
1&2, 3&4 右足後下沉 - 重心回左足 - 右足前踏 - 左足前踏 - 右足鎖於左足後 - 左足前踏
5&6, 7&8& 右足前下沉 - 右轉 1/4 (6:00) 重心回左足 - 右足前跨 - 扭扭步 (左右左) - 右足後輕踢

S3: FWD LOCK STEP - 1/4 TURN R VINE - L CHASSE - ROCK - RECOVER - TOUCH

1&2, 3&4& Step RF fwd - Lock LF behind RF - Step RF fwd - 1/4 turn R (9:00) step LF to L - Step RF behind LF - Step LF to L - Step RF over LF
5&6, 7&8 Step LF to L - Step RF beside LF - Step LF to L - Rock RF behind LF - Recover onto LF - Touch RF to R (lifting right hip up)
1&2, 3&4& 右足前踏 - 左足鎖於右足後 - 右足前踏 - 右轉 1/4 (9:00) 左足左踏 - 右足後跨 - 左足左踏 - 右足前跨
5&6, 7&8 左足左踏 - 右足併踏左足旁 - 左足左踏 - 右足後跨下沉 - 重心回左足 - 右足右旁點 - (推提右臀)

S4: V STEP (Out, Out, In, In) X2 - (L&R) CROSS SIDE TOGETHER

1&2&3&4& Step RF to R diagonal - Step LF to L diagonal - Step RF back - Step LF beside RF - Step RF to R diagonal - Step LF to L diagonal - Step RF back - Step LF beside RF
5&6, 7&8 Cross RF over LF - Step LF to L - Step RF beside LF with push hips - Cross LF over R - Step RF to R - Step LF beside RF with push hips
1&2&3&4& 右足右斜前踏 - 左足左斜前踏 - 右足後回踏 - 左足併踏右足旁 - 右足右斜前踏 - 左足左斜前踏 - 右足後回踏 - 左足併踏右足旁
5&6, 7&8 右足前跨 - 左足左踏 - 右足併踏左足旁同時推臀 - 左足前跨 - 右足右踏 - 左足併踏右足旁同時推臀

Restart : During Wall 3 after 24 counts (3:00)

重新開始: 第三面牆跳完24拍 (3:00)

Have Fun & Happy Dancing !!!

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