

Magdalena

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Phil Johnson (UK)
音乐: Bésame Magdalena - Mestizzo



JUMP RIGHT KICK BALL TOUCH; JUMP LEFT KICK BALL TOUCH; STEP FORWARD RIGHT ½ TURN LEFT; STEP FORWARD RIGHT ¼ TURN LEFT

- 1&2 Kick right foot out and jump slightly to the right landing on right foot; touch left next to right
- 3&4 Kick left foot out and jump slightly to the left landing on left foot; touch right next to left
- 5-6 Step forward right - pivot half turn left (weight on left)
- 7-8 Step forward right - pivot quarter turn left (weight on left)

As you step forward and ½ and ¼ turn, sway hips right/left, right/left

RIGHT AND LEFT HIP BUMPS; RIGHT AND LEFT SAILOR STEPS

- 1&2 Stepping forward on right bump hips right, left, right
- 3&4 Stepping forward on left bump hips left, right, left
- 5&6 (Right sailor step) step right foot behind left; step left foot to left side; step right foot slightly to the right
- 7&8 (Left sailor step) step left foot behind right; step right foot to right side; step left foot slightly to the left

RIGHT BEHIND ½ TURN; POINT LEFT FORWARD HALF TURN; WEAWE TO RIGHT AND LEFT HEEL JACK

- 1-2 Touch right toe behind left foot; unwind ½ turn right (taking weight onto right foot)
 - 3-4 Point left toe forward and on ball of right foot turn ½ turn right touching left foot next to right
- Or alternatively flick left foot back arching the back slightly backwards**
- 5-6 Cross step left over right; step right to right side
 - 7&8 Step left behind right and step back on right angling body 45 degrees to the left and put left heel forward

Alternative for the full turn in steps 1-4

- 1&2 Right mambo ending with right foot taking weight
- 2&3 Left mambo ending by touching left next to right

AND CROSS RIGHT OVER LEFT: STEP LEFT; ROCK BACK/RECOVER: ½ MONTEREY TURN RIGHT

- &1-2 Step left foot back in place and cross right over left; step left to left side
- 3-4 Rock back on the right behind left; recover weight forward on the left
- 5-8 Point right toe to right side; half turn right (on ball of left foot) stepping right foot next to left, point left toe to left side; step left foot next to right taking weight

REPEAT