

Cajun Mambo Walk

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Max Perry (USA)
音乐: Rodeo Queen - Jennifer Raynor



FORWARD AND BACK MAMBO STEPS

1&2 Step forward left & recover weight to right in place, step together left
3&4 Step back right & recover weight to left in place, step together right

SIDE TO SIDE MAMBO STEPS

5&6 Side step left & step right in place, step together left
7&8 Side step right & step left in place, step together right

STEP-PIVOT- ROCK- TOGETHER

9 Step forward on left and pivot $\frac{1}{2}$ turn to the right
& Rock onto right in place
10 Step left next to right
11 Step forward on right and pivot $\frac{1}{2}$ turn to the left
& Rock onto left in place
12 Step right next to left

FORWARD 2-STEP TURN, ROCK, HOME, KICK, HITCH

13 Step forward on left and pivot $\frac{1}{2}$ turn to the right
& Step back on right and pivot $\frac{1}{2}$ turn to the right
14 Step left next to right
15 Rock step back on right
& Rock forward onto left
16 Kick right foot forward
& Hitch right knee up

SIDE SHUFFLE RIGHT & TOGETHER LEFT, SYNCOPATED HEEL TWISTS

17 Step to right on right
& Step left next to right
18 Step to right on right
& Step left next to right
19 Step slightly to right on right

Feet are now only slightly apart

& Twist heels to the left
20 Twist heels to the center

SIDE SHUFFLE LEFT & TOGETHER RIGHT, SYNCOPATED HEEL TWISTS

21 Step to left on left
& Step right next to left
22 Step to left on left
& Step right next to left
23 Step slightly to left on left

Feet are now only slightly apart

& Twist heels to the right
24 Twist heels to the left

KICK, OUT-OUT, HEEL-TOE SWIVELS

- 25 Kick right foot forward
& Step slightly to right on right
26 Step slightly, to left on left
27 With weight on balls of feet, swivel heels in
& With weight on heels, swivel toes in
28 With weight on balls of feet, swivel heels in

Feet should now be together

PADDLE TURNS TO THE RIGHT

- 29 Rock step forward on right foot turning the toes out
& Rock back onto left and pivot $\frac{1}{4}$ turn right
30 Rock step forward on right foot turning the toes out
& Rock back onto left and pivot $\frac{1}{4}$ turn right
31 Rock step forward on right foot turning the toes out
& Rock back onto left and pivot $\frac{1}{4}$ turn right
32 Step forward on right foot

Left foot stays in place during last seven counts

REPEAT
