

Let It Be A Mambo

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate - mambo rhythm
编舞者: Forty Arroyo (USA) - August 2012
音乐: Let It Be - Tito Nieves : (CD: Series 32 - iTunes)



Dedicated to our QUEEN and Role Model of the LINE DANCE Community –
The Beautiful and Courageous, Mrs. Jo Thompson-Szymanski – you are always in our prayers.

Starts on vocals - NOTE: We've cut this track at 3:19 - the full length is over 5 minutes long.
Sequence: 64, 64, 64, 64, 32*, 64, 64, 64 – END FACING FRONT

[1-8] R & L MAMBOS

1-4 Rock side R, Step L in place, Step R next to L, Hold
5-8 Rock side L, Step R in place, Step L next to R, Hold

[9-16] COASTER STEPS FORWARD AND BACK

1-4 Step forward on R, Step L next to R, Step back on R, Hold
5-8 Step back on L, Step R next to L, Step forward on L, Hold

[17-24] HIP ROLLS WITH ¼ L, ROCKING CHAIR

1-2 Rolling hips counter clockwise - Step ball of R slightly forward, Pivot 1/8 turn L - weight on L
3-4 Repeat steps 1-2 of this section
5-6 Rock R slightly forward, Recover on L
7-8 Rock R slightly back, Recover on L (end at 9 o'clock)

[25-32] PRESS, HOLD, RECOVER, BALL, STEP, BALL, STEP, HOLD

1-3 Press ball of R slightly forward, Hold, Recover on L
4-5 Step ball of R slight back, Step L slightly forward – pushing off of R
6-8 Step ball of R next to L, Step L slightly forward – pushing off of R, Hold

***RESTARTS HAPPEN HERE: During instrumentals: On 5th rotation you will be starting the dance at 12 o'clock;**

On counts 4-7 .. turn ¼ L as you do the "Ball Steps", followed by the HOLD (ct 32)- then restart with a R mambo at 6 o'clock.

[33-40] RUMBA BOX

1-4 Step R to side, Step L next to R, Step R forward, Hold
5-8 Step L to side, Step R next to L, Step L back, Hold

[41-48] BEHIND, SIDE, FORWARD, KNEE LIFT, HEEL, STEP, HOLD

1-4 Sweep & Step R behind L, Step L to side, Step slightly forward on R, Lift L knee - slightly
5-8 Rock forward on L heel, Recover on R, Step slightly back on L, Hold

[49-56] R MAMBO, TOUCH, ¼ TURN, STEP, HOLD

1-4 Rock side R, Step L in place, Step R next to L, Hold
5-6 Touch L out to side, Pivoting on ball of R- turn ¼ left – (weight on R) L is now pointing forward
7-8 Step slightly back on L, Hold (end at 6 o'clock)

[57-64] MAMBOS – BACK AND FORWARD

1-4 Rock back on R, Recover on L, Step R next to L, Hold
5-8 Rock forward on L, Recover on R, Step L next to R, Hold

Enjoy! Questions? Please email forty.arroyo@gmail.com. www.fortyarroyo.com

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