

# Broken Heart Mambo

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Judy Rodgers (USA) - February 2015  
音樂: Me and My Broken Heart - Rixton



Alternate: She Be the One by Enrique Iglesias (intro 32 count)

#36 count intro

## S1: Mambo forward, mambo back, paddle turns (3), step

1&2      Rock fwd R, recover L, step slightly back R  
3&4      Rock back L, recover R, step slightly fwd L  
5&6&      Touch R, push ¼ left, touch R, push ¼ left □□□□ [6:00]  
7&8      Touch R, push ¼ left, step fwd R □□□ □□ [3:00]

## S2: Step pivot ¼ cross, scissor step, back, lock, back, side, cross bounce bounce turning ½ right

1&2      Step fwd L, pivot ¼ right step R to side, cross L over R □□ [6:00]  
3&4      Step R to right, step L beside R, cross R over L  
5&6&      Step back L, lock R over L, step back L, step R to side  
7&8      Cross L over R, bounce bounce heels turning ½ right (wt on L) [12:00]

## S3: Walk, walk, step pivot ¾ touch, shuffle fwd, mambo step

1-2      Walk fwd R, walk fwd L  
3&4      Step fwd R, turn ¾ left, touch R beside L □□□□ [3:00]  
5&6      Shuffle fwd R L R  
7&8      Rock fwd L, recover R, step slightly back L

## S4: Back, back, coaster step, mambo turn ½, paddle ¼ left (2)

1-2      Walk back R, L  
3&4      Step back R, step L beside R, step fwd R  
5&6      Rock fwd L, recover R, turn ½ left step fwd L □ [6:00]  
7&8&      Touch R, push ¼ left, touch R, push ¼ left (weight on L) □□ [3:00]

## S5: Cross rock side, cross rock turn ¼, step together (3), step

1&2      Cross rock R over L, recover L, step R to right side  
3&4      Cross rock L over R, recover R, turn ¼ left step fwd L □ [12:00]

## \*\* Restart here on wall 2 after 36 counts when using 'Me and my Broken Heart \*\*

5&      Turn 1/8 left step R to right diagonal, step L beside R □ [10:30]  
6&      Step R to right diagonal, step L beside R  
7&      Step R to right diagonal, step L beside R  
8      Turn ¼ right step R fwd □□□□□ [1:30]

## S6: Mambo step, sweep sailor turn 3/8, rocking chair, step, touch

1&2      Rock fwd L, recover R, step back L,  
3&4      Sweep R around L turn 3/8 right step R behind L, step L to side, step R to side □ [6:00]  
5&6&      Rock fwd L, recover R, rock back L, recover R  
7-8      Big step fwd L, touch R beside L

One Restart When Using 'Me And My Broken Heart':

On Wall 2, after 36 counts, restart the dance from the beginning facing [6:00]

No Tags Or Restarts Using 'She Be The One'.

Contact: [jrdancing@bellsouth.net](mailto:jrdancing@bellsouth.net)

