

Magic!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Advanced
編舞者: Pascal Nooy
音樂: Magic Carpet Ride - MDO



MAMBO STEPS

- 1 Right foot rock forward
- & Recover weight back on left foot
- 2 Step right foot beside left foot
- 3 Left foot rock back
- & Recover weight on left foot
- 4 Step right foot beside left foot

- 5 Rock right foot to right side
- & Recover weight to left foot
- 6 Step right foot beside left foot
- 7 Rock left foot to left side
- & Recover weight to right foot
- 8 Step left foot beside right foot

SYNCOATED VINE WITH ¼ TURN TO THE RIGHT/½ PIVOT TURN TO THE RIGHT/KICK BALL TOUCH/ HIP MOVES

- 9 Step right foot to right side
- & Cross left foot behind right foot
- 10 Step right foot into a ¼ turn right
- 11 Step left foot forward
- & Turn ½ right
- 12 Step left foot forward

- 13 Kick forward with right foot
- & Step back on ball of right foot
- 14 Touch left foot forward
- 15 Bend knees, push hips back
- & Push hips forward
- 16 Push hips back while stretching knees (weight is on the left foot)

During these last view counts your body will move down and up, just like a body roll

ROCK/RECOVER WITH ½ TURN TO THE RIGHT/STEP/ROCK RECOVER WITH ¼ TURN TO THE LEFT/ STEP/ROCK/RECOVER WITH ½ TURN TO THE RIGHT/STEP/MAMBO ROCK

- 17 Rock forward on right foot
- & Recover weight to left foot
- 18 Spin ½ turn right, while stepping right foot forward
- 19 Rock forward on left foot
- & Recover weight to right foot
- 20 Spin ¼ turn left, while stepping left foot forward

- 21 Rock forward on right foot
- & Recover weight to left foot
- 22 Spin ½ turn right, while stepping right foot forward
- 23 Rock forward on left foot
- & Recover weight to right foot

24 Step left foot beside right foot

LOCK STEPS BACKWARDS/KICK BALL TOUCH/ HIP MOVES

25 Step back on right foot

& Cross left foot over right foot

26 Step back on right foot

27 Step back on left foot

& Cross right foot over left foot

28 Step back on left foot

29 Kick forward with right foot

& Step back on ball of right foot

30 Touch left foot forward

31 Bend knees, push hips back

& Push hips forward

32 Push hips back while stretching knees (weight is on the left foot)

During these last view counts your body will move down and up, just like a body roll

REPEAT

OPTIONAL ARM MOVES

14 Swing your right arm up beside your head

15 Begin making a circle above your head

& Finish making the circle above your head

16 Bring your right arm back next to your body

You repeat this movement on counts 14-16 and 30-32.
