

# Swinglish

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK) & Arthur Furrer (CH)  
音樂: Mi Vida Loca - Pam Tillis



## MAMBO FORWARD, MAMBO BACK, SIDE MAMBO TWICE

1&2      Rock forward on right, rock back on left, step right next to left  
3&4      Rock back on left, rock forward on right, step left next to right  
5&6      Rock right out to right side, rock left in place, step right next to left  
7&8      Rock left out to left side, rock right in place, step left next to right

## LOCK STEP FORWARD TWICE, PIVOT ½ TURN, ¼ TURN, WEAWE, TOUCH

1&2      Step forward on right, lock step left behind right, step forward on right  
3&4      Step forward on left, lock step right behind left, step forward on left  
5&6      Step forward on right, pivot ½ turn left, turn ¼ left stepping right to right side  
&7&      Cross step left behind right, step right to right side, cross step left over right  
8      Touch right to right side

## CROSS SHUFFLE, ¼ TURN, SIDE STEP, LOCK STEP FORWARD, CROSS, STEP BACK

1&2      Cross step right over left, step left to left side, cross step right over left  
3-4      Turn ¼ left stepping left and slightly back on left foot, step right to right side  
5&6      Step forward on left, lock step right behind left, step forward on left  
7-8      Cross step right over left, step back on left

## CHASSE RIGHT, CROSS ROCK, FULL TURN, CROSS, SIDE STEP

1&2      Step right to right side, close left next to right, step right to right side  
3-4      Cross rock left over right, rock right in place  
5&6      Full turn left, traveling left stepping on left, right, left  
7-8      Cross step right over left, step left to left side

## SCISSOR STEP, TURN ¼ RIGHT, TOUCH, SYNCOPATED LOCK STEP, PIVOT ½ TURN

1&2      Step right to right side, close left next to right, cross step right over left  
3-4      Turn ¼ right stepping back on left, touch right toe in front of left  
5&6      Step forward on right, lock step left behind right, step forward on right  
&7-8      Lock step left behind right, step forward on right, pivot ½ turn left

## REPEAT

On the track 'Mi Vida Loca', there are 4 counts remaining at the end of the song. To finish the dance, repeat the side mambo steps