

Marilu's Mambo

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Marilu Marquardt - March 2008
音樂: No One - Alica Keyes



or : Calabria by Enur Feat Natasja (Start on Vocals)

Right Mambo Forward, Left Mambo Back, Right Mambo, Left Mambo

- 1&2 Rock forward on right, replace weight onto left, step right next to left
- 3&4 Rock back on left, replace weight onto right, step left next to right
- 5&6 Rock right to right side, replace weight onto left, step right next to left
- 7&8 Rock left to left side, replace weight onto right, step left next to right

Step To Right Side, Left Together, Right Side Shuffle, Rock Back Left, Forward Right, Left Shuffle Forward

- 1 Step right to right side
- 2 Step left next to right
- 3&4 Right side shuffle, step right, left, right
- 5 Rock back on left
- 6 Rock forward on right
- 7&8 Left shuffle forward, left, right, left

Kick Right Foot To Front, Side, 1/4 Turn Sailor Step, Kick Left Foot To Front, Side, Sailor Step

- 1 Kick right foot to front
- 2 Kick right foot to side
- 3&4 Step right foot behind left turning 1/4 right, step to side with left, step slightly forward on right
- 5 Kick left foot to front
- 6 Kick left foot to side
- 7&8 Step left foot behind right, step to side with right, step slightly forward on left

Four Sets Of Hip Bumps Moving Slightly Forward

- 1&2 Step on right, bumping hips to right, step on left, bumping hips to left, step on right, bumping hips to right
- 3&4 Step on left, bumping hips to left, step on right, bumping hips to right, step on left, bumping hips to left
- 5&6 Step on right, bumping hips to right, step on left, bumping hips to left, step on right, bumping hips to right
- 7&8 Step on left, bumping hips to left, step on right, bumping hips to right, step on left, bumping hips to left

Repeat