

# La Recette

**COPPER** **NOB**  
BY STEPHEN

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Antonella MAZZEO (FR) - October 2022

Musique: La recette - Slimane



No tags – No Restarts.

Introduction : 16 counts

## **S1 – STEP FWD, TURN ½ TRIPLE STEP FWD, PRESS FWD RECOVER, STEP BACK TOUCH L/R DIAGONALY**

1, 2 Step RF forward, turn 1/2  
3 & 4 Step RF forward, make LF next RF, Step RF forward,  
5, 6 Step LF forward, recover on RF, (option : body roll),  
&7,&8 Step LF back on L diagonally, touch RF next LF, Step RF back on R diagonally, touch LF next RF

## **S2 – OUT OUT KNEE POP BALL CROSS, KNEE POP, BOUNCE X2 WITH TURN ½ , BALL HEEL BALL STEP**

&1 &2 (&)Out (1)Out, (&2)Knee pop,  
&3 &4 (&)Ball LF back (3)cross RF over LF (&4)Knee pop,  
5, 6 Bounce X2 with ½ turn L,  
&7&8 Ball LF next RF, Heel R Forward, ball RF Together LF, Step LF forward,

## **S3 – CROSS RECOVER SIDE ROCK CROSS SAMBA R, CROSS ¼ TURN CHASSE L**

1&2& (1)Cross RF over LF, (&)recover on LF, (2)Step RF on R side, (&)recover on LF,  
3&4 Cross RF over LF, Step LF on L side, Step RF on R,  
5 6 (5)Cross LF over RF, (6)¼ turn on L, make RF back  
7&8 (7)Step LF on L, (&) together, (8)Step LF on L,

## **S4 – CROSS RECOVER SWEEP SAILOR STEP CROSS SIDE SAILOR ¼ TURN**

1 2 Cross RF on L side, recover on LF with sweep RF,  
3 & 4 Cross RF behind LF, make LF on L side, make RF on R side,  
5 6 Cross LF over RF, Make RF on R side, Sweep LF,  
7&8 ¼ turn on L Cross LF behind RF, make RF on R side, make LF forward,

**Final : Wall 9 : after 16 counts (Heel ball step) : OUT OUT to 12:00**

Last Update: 1 Nov 2022