

The Girl From Ipanema

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Annemaree Sleeth (AUS) - January 2015
音乐: The Girl From Ipanema - Astrud Gilberto : (iTunes)



Alternative music: Let's Get Loud by Jennifer Lopez

Intro Start on "Tall" count 32

Section 1 [1 – 8] FORWARD ROCK, CHA CHA BACK, BACK ROCK, CHA CHA FORWARD

1-2 3&4 Rock L forward, recover R, step L back, step R together, step L back

5-6 7&8 Rock R back, recover L, step R forward, step L together, step R forward

Section 2 [9 – 16] STEP ½ PIVOT, CHA CHA FORWARD x2

1-2 3&4 Step L forward, pivot ½ R, step L forward, step R together L, step L forward

5-6 7&8 Step R forward, pivot ½ L, step R forward, step L together, step R forward

Section 3 [17 – 24] CROSS ROCK, SIDE ROCK, CROSS, SIDE, BEHIND, TOUCH

1-4 Cross L over R, recover R, step L side, recover R

5-8 Cross L over R, step R side, cross L behind R, touch R side

Optional (click fingers above head on count 8)

Section 4 [25 -32] CROSS ROCK, SIDE ROCK, CROSS, ¼ BACK, SIDE, TOUCH

1-4 Cross R over L, recover L, step R side, recover L

5-8 Cross R over L, 1/4 R step L back , step R side, touch L side, 3.00 wall

Optional (click fingers above head on count 8)

To finish to the front :-

Add 8 counts, Step ½ pivot, cross shuffle, Side, Recover, cross shuffle front wall

Optional (click fingers above head on count 8)

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