

Capone EZ

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Improver Rumba
编舞者: Karen Tripp (CAN) - February 2015
音乐: Capone - Ian Lumley : (Album: Ballroom Nights 2)



Ending: Ends facing 12:00 (see note in Section 3)

Sequence: A, B, A, A, B, A, A* (no turn), B, A* (no turn)

Wait: 16 counts from main downbeat, right foot lead

PART A - 32 counts

STEP, CROSS KICK WITH SNAPS - 4 TIMES

1-4 Step side right, kick left across (with snap), step side left, kick across right (snap)
5-8 Repeat steps 1-4

RUMBA FORWARD BOX

9-12 Step side right, step left together, step forward right, hold (or touch L)
13-16 Step side left, step right together, step back left, hold (or touch R)

RIGHT VINE ¼ RIGHT**, LEFT ROCKING CHAIR

17-20 Step side right, cross left behind, turn ¼ right and step right, hold **

****Note On the 5th and 6th repetitions, do not turn the vine, remain at 12:00 for the duration of the dance.**

21-24 Rock forward on left, recover to right, rock back on left, recover to right

LEFT VINE, RIGHT ROCKING CHAIR

25-28 Step side left, cross right behind, step side left, hold
29-32 Rock forward on right, recover to left, rock back on right, recover to left

PART B - 16 counts

PROGRESSIVE RUMBA BOX FORWARD

1-4 Step side right, step left together, step forward right, hold (or L touch)
5-8 Step side left, step right together, step forward left, hold (or R touch)

PROGRESSIVE RUMBA BOX BACK

9-12 Step side right, step left together, step back right, hold (or L touch)
13-16 Step side left, step right together, step back left, hold (or R touch)

Choreographer: Karen Tripp, Cranbrook, BC, Canada

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