

Pomodoro

COPPERKNOB
STEPSHEETS

拍数: 72 墙数: 3 级数: Intermediate
编舞者: Saskia Janson (NL) - March 2015
音乐: Viva la pappa col pomodoro - Rita Pavone



Dance starts on vocals

S1: STEP FWD, TOUCH, KICK, COASTER STEP, WEAWE L, POINT, TOUCH, POINT

1&2 Step RF fwd, Touch LF behind RF, Step LF back
&3&4 Kick RF fwd, Step RF back, Step LF next to RF, Step RF fwd
5&6 Step LF to L side, Step RF behind LF, Step LF to L side
&7&8 Cross RF over LF, Point LF to L side, Touch LF next to RF, Point LF to L side
(Optional arm movements with the weave L: Arms start at 6 o'clock and make a full circle counterclockwise)

S2: STEP FWD, TOUCH, KICK, COASTER STEP, WEAWE R, POINT, TOUCH, POINT

1&2 Step LF fwd, Touch RF behind LF, Step RF back
&3&4 Kick LF fwd, Step LF back, Step RF next to LF, Step LF fwd
5&6 Step RF to R side, Step LF behind RF, Step RF to R side
&7&8 Cross LF over RF, Point RF to R side, Touch RF next to LF, Point RF to R side
(Optional arm movements with the weave R: Arms start at 6 o'clock and make a full circle counterclockwise)

S3: CROSS AND HEEL, CROSS AND HEEL, CROSS SHUFFLE ½ TURN, STEP

1&2 Cross RF over LF, Step LF to L side, Dig RF heel fwd to R diagonal
&3&4 Step RF next to LF, Cross LF over RF, Step RF to L side, Dig LF heel fwd to L diagonal
&5&6 Step LF next to RF, Cross RF over LF, Step LF next to RF, Cross RF over LF ¼ turn L
&7-8 Step LF next to RF, Cross RF over LF ¼ turn L, Step LF next to RF

TAG: Repeat this section (Steps 17 till 24) in Wall 3 after step 24

S4: SHUFFLE FWD 2x, STEP, KICK, STEP, KICK, STEP, KICK, TOUCH

1&2 Step RF fwd, Step LF next to RF, Step RF fwd
3&4 Step LF fwd, Step RF next to LF, Step LF fwd
5&6& Step RF back, Kick LF diagonal L, Step LF back, Kick RF diagonal R
7&8 Step RF back, Kick LF diagonal L, LF touch next to RF

S5: CHASSÉ L ¼ TURN, ¼ TURN CHASSÉ R, TURN 1 ¼ L WITH HITCHES, TOUCH

1&2 Step LF L, Step RF next to LF, Turn LF ¼ L step fwd
3&4 Turn ¼ L Step RF R, Step LF next to RF, Step RF R (weight is on RF)
5&6 Step on LF ¼ turn L, Hitch R Knee, Turn ½ L step RF back
&7-8 Hitch L Knee, Turn ½ L step fwd on LF, Touch RF next to LF

RESTART HERE IN WALL 1

S6: TWINKLES R AND L, RUMBA BOX FWD

1&2 Step RF to R side, Step LF next to RF, Cross RF over LF
3&4 Step LF to L side, Step RF next to LF, Cross LF over RF
5&6 Step RF to R side, Step LF next to RF, Step RF fwd
7&8 Step LF L, Step RF next to LF, Step LF back

S7: MONTEREY TURN, STEP, HITCH, STEP HITCH, TWINKLES L AND R

1&2 Touch RF to R side, Turn ½ R and step RF next to LF, Touch LF to L side
&3&4 Touch LF next to RF, Step LF fwd, Hitch R knee, Step RF fwd
&5&6 Hitch L knee, Step LF to L side, Step RF next to LF, Cross LF over RF
7&8 Step RF to R side, Step LF next to RF, Cross RF over LF

S8: WEAVE L, ROCK AND CROSS, WEAVE R, ROCK AND CROSS

- 1&2& LF step to L side, RF step behind RF, LF step to L side, Cross RF over LF
3&4 Step LF to L side, Step RF next to LF, Cross LF over RF
5&6& Step RF to R side, Step LF behind RF, Step RF to R side, Cross LF over RF
7&8 Step RF to R side, Step LF next to RF, Cross RF over LF

S9: RUMBA BOX FWD, LOCK STEP BACK, MAMBO

- 1&2 Step LF to L side, Step RF next to LF, Step LF fwd
3&4 Step RF to R side, Step LF next to RF, Step RF back
5&6 Step LF back, Lock RF in front of LF, Step LF back
7&8 Step RF back, Recover on LF, Step RF next to LF

Contact: saskianinapanja@gmail.com
