

Accion Y Reaccion

COPPERKNOB
STEPSHEETS

拍数: 64

墙数: 2

级数: Phrased High Beginner, Cumbia
Nortena

编舞者: Anthony Kusanagi (INA) - June 2015

音乐: Accion Y Reaccion - Thalia



PATTERN: A A – B B16(Restart) – A A – B B – TAG – A – B B – B B – B16(Ending)

INTRO: Start dancing after 32 counts since the music has begun.

SECTION A:

A.I. WIZARD STEP – TWIST

- 1-2 R step forward diagonally to right on heel (01.30), L lock behind R
- 3-4 R step forward diagonally to right on heel, L step next to R
- 5-6-7-8 twist both legs on ball to right, left, right, left (01.30)

A.II. WIZARD STEP – TWIST

- 1-2 L step forward diagonally to left on heel (10.30), R lock behind L
- 3-4 L step forward diagonally to left on heel, R step next to L
- 5-6-7-8 twist both legs on ball to left, right, left, right (10.30)

A.III. PIVOT ½ - FORWARD WALK - OUT-IN STEP

- 1-2 R step forward (12.00), turn ½ to left then L step forward (06.00)
- 3-4 R step forward, L step forward
- 5-6 R step out forward slightly diagonal to right, L step out forward slightly diagonal to left
- 7-8 R step in backward, L step next to R (06.00)

A.IV. SIDE STEP – TOUCH – JAZZ BOX

- 1-2 R step to side, L touch next to R
 - 3-4 L step to side, R touch next to L
- (Intermediate option: count 1-2-3-4 above can be replaced with the SKATE)**
- 5-6 R cross over L, L step backward
 - 7-8 R step to side, L step forward

SECTION B:

B.I. SYNCOPATED SIDE ROCK WITH HIP ACTION – PADDLE

- 1& R step to side, recover to L
 - 2& R step to side, recover to L
 - 3& R step to side, recover to L
 - 4& R step to side, recover to L
- (NOTE: Use hip action while dancing this Syncopated Side Rock)**
- 5-6 R step forward, turn ¼ to left the recover to L (09.00)
 - 7-8 R step forward, turn ¼ to left the recover to L (06.00)

B.II. LEG ACTION: TOUCH – SWIVEL – SIDE FLICK – SWING – FLICK BACK

- 1-2 R touch forward, R touch forward
 - 3-4 R swivel out to right on toe/ ball, R swivel in to left on toe/ball
 - 5&6 R flick to side, R touch forward, R flick to side
- (Hand style: R hand pats R foot while flicking on side)**
- 7-8 R swing forward, R step next to L and L flick backward

B.III. COASTER STEP – FORWARD WALK – PIVOT ½ - STEP FORWARD

- 1&2 L step backward, R step next to L, L step forward
- 3-4 R step forward, L step forward

(Intermediate option: count 3-4 above can be replaced with the CHICKEN WALK)

5-6 R step forward, turn ½ to left then L step forward (12.00)

7-8 R step forward, turn ½ to left then L step forward (06.00)

B.IV. BACHATA STEP

1-2 R step to side, L step next to R

3-4 R step to side with hip action to right, L hip bump to side on ball

5-6 L step to side, R step next to L

7-8 L step to side with hip action to left, R hip bump to side on ball

RESTART: Dance normally until Section B.II, count 6. For a nice Restart, replace count 7-8 with below:

7-8 R step next to L, L step next to R

TAG:

1-2 R step to side with hip action to right, L hip bump to left on ball

3-4 L step to side with hip action to left, R hip bump to right on ball

ENDING: Dance normally until Section B.II, count 8. Then finish the dance with a nice pose for the ending.

ENJOY THE DANCE, HAPPY LINEDANCING

For more Information, please contact me on: anthonymld.ina@gmail.com
