

# Easy Alvaro

COPPERKNOB  
STEPSHEETS

拍数: 40      墙数: 2      级数: Easy Intermediate  
编舞者: Robert Fletcher (AUS) & Michelle Palmer (AUS) - July 2015  
音乐: All In My Head - Alvaro Estrella : (iTunes)



Intro: 16 Count

**S1: Step Right to side, Cross Rock, Replace, Step Left to side, Front, Side, Flick, Side**

1 - 3            Step R to Right side, Cross rock L over Right, Rock back on R  
4 - 6            Step L to Left side, Touch R toe to front, Touch R toe to side  
7 - 8            Flick R back, Touch R to side. □ (12.00)

**S2: Rocking Chair, 2 x Walks Around, ¼ Left Triple Step**

1 - 4            Rock forward on R, Rock back on L. Rock back on R, Rock forward on L  
5 - 6            Make 1/8 turn Left walking forward on R, Make 1/8 turn Left walking forward on L  
7 & 8            Turning ¼ turn left stepping: RLR. (6.00)

**S3: 2 x Walks Around, ¼ Left Triple Step, Right Jazz Box Cross.**

1 - 2            Make 1/8 turn Left walking forward on L, Make 1/8 turn Left walking forward on R  
3 & 4            Turning ¼ turn left stepping: LRL (12:00)  
5 - 8            Cross step R over Left, Step back on L, Step R to Right side, Step L next to R.

**S4: Forward, Replace, Shuffle Back, Back, Replace, Shuffle Forward**

1 - 2            Rock R forward, Replace weight on L,  
3 & 4            Shuffle back: RLR  
5 - 6            Rock L back, Replace weight on R,  
7 & 8            Shuffle forward: LRL

**S5: Paddle Turn, Paddle Turn, Walk, Walk, Step together, Lift Heels Up and Down**

1 - 2            Step R Forward, Turn 90° Left Take Weight on L,  
3 - 4            Step R Forward, Turn 90° Left Take Weight on L,  
5, 6, 7            Walk R, Walk L, Step R next to left,  
& 8            Raise both heels up and Lower both heels to floor. (Weight ends on Left)

**RESTART DANCE**

To finish the dance – dance up to count 4 and step R next to L.

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