

# Easy Alvaro

COPPERKNOB  
STEPSHEETS

拍数: 40      墙数: 2      级数: Easy Intermediate  
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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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