

Una Poca de Gracia (A Little Bit of Grace)

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Improver
编舞者: Tina Lundy (USA) - July 2016
音乐: La Bamba - Los Lobos : (Original Movie Soundtrack)



Intro: 16 Counts (begin on words "La Bamba")

[1-8] RUMBA BOX RIGHT FORWARD WITH HOLDS

1-2 Step R foot to right, Step L foot next to R
3-4 Step R foot forward (3), Hold (4)
5-6 Step L foot to left, step R foot next to L
7-8 Step L foot back (7), Hold (8) (12:00)

[9-16] RUN BACK R/L/R, HOLD, LEFT COASTER STEP, HOLD

1-2 Step back R, step back L
3-4 Step back R (3), Hold (4)
5-6 Step back L, Step R next to L
7-8 Step forward L (7), Hold (8) (12:00)

[17-24] □ RUN FORWARD R/L/R, HOLD, ROCK RECOVER FORWARD LEFT, ½ TURN LEFT, HOLD □

1-2 Step forward R, step forward L
3-4 Step forward R (3), Hold (4)
5-6 Rock forward L, recover R
7-8 Turn left ½ turn stepping L forward (7), Hold (8) (6:00)

[25-32] □ REPEAT 17-24 (FINISH AT 12:00 O'CLOCK)

[33-40] NIGHTCLUB STEP RIGHT, NIGHTCLUB STEP LEFT

1-2 Step R to right side (1), Hold (2)
3-4 Rock L behind R, recover R
5-6 Step L to left side (5), Hold (6)
7-8 Rock L behind R, recover L (12:00)

[41-48] TWO ¼ TURNS LEFT WITH HOLDS

1-2 Step ball of R forward (1), Hold (2)
3-4 Press on R ball of foot turning ¼ left (weight on L) (3), Hold (4) (9:00)
5-8 Repeat 1-4 (6:00)

[49-56] JAZZBOX CROSS, LARGE STEP RIGHT, SLIDE LEFT FOOT IN NEXT TO RIGHT

1-2 Cross R over L (1), step L back (2)
3-4 Step R to right side (3), cross L over R (4)
5-6 Step R to right side (large step) (5), Hold (6)
7-8 Slide L next to R (then shift weight to left and begin again) (6:00)

One Restart on wall 5 after 16 counts facing 12:00

Please do not alter this step sheet.

Questions or concerns may be directed to me at wealthywolf@hotmail.com.

Thank you! Tina Lundy

