

Listen To My Rhythm

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: BM Leong (MY) - September 2017
音乐: Listen To My Rhythm Oye Como Va sung by Andy Vargas



Sequence of dance : AB AB B /AA AA / BB BB / A(24) B

Intro: 80 counts – start on vocal

(A) 32 counts

A1: LEFT NEW YORK, RIGHT LINDY

1-2 Cross R over L, recover onto L
3&4 Cha cha to right side on RLR
5-6 Cross L behind R, recover onto R
7&8 Cha cha to left side on LRL

A2: EXTENDED CROSS CHA CHA, MONTEREY 1/2 TURN LEFT

1&2 Cross cha cha on RLR
&3&4 Step L behind right heel, cross R over L, step L behind right heel, cross R over L
5-6 Point L to left side, 1/2 turn left step L together
7-8 Point R to right side, step R together

A3: LEFT ROLLING VINE, TOUCH, DOUBLE CLOCKWISE HIP ROLLS

1-3 Left rolling vine on LRL
4 Touch R together
5-8 Double clockwise hip rolls over 4 counts

A4: CROSS, 1/4 TURN RIGHT, BACK CHA CHA, BACK ROCK, FORWARD CHA CHA

1-2 Cross R over L, 1/4 turn right step L back
3&4 Cha cha backward on RLR
5-6 Rock L back, recover onto R
7&8 Cha cha forward on LRL

(B) 32 counts

B1: C-BUMPS, OUT, OUT, IN, IN

1-2 Bump hips upwards to right side, bump hips downwards to right side
3-4 Bump hips upwards to right side, bump hips downwards to right side

(To help you to achieve the C shape, lift your right heel and bend your knees)

5-6 Step L out, step R out
7-8 Step L in, step R in

B2: C-BUMPS, OUT, OUT, IN, IN

1-2 Bump hips upwards to left side, bump hips downwards to left side
3-4 Bump hips upwards to left side, bump hips downwards to left side
5-6 Step R out, step L out
7-8 Step R in, step L in

B3: FORWARD, TURN-POINT

1-2 Step R forward, 1/4 turn right on R pointing L to left side
3-4 1/4 turn right on R pointing L to left side, 1/4 turn right on R pointing L to left side
5-6 Step L forward, 1/4 turn left on L pointing R to right side
7-8 1/4 turn left on L pointing R to right side, 1/4 turn left on L pointing R to right side

B4: FORWARD ROCK, TRIPLE 1/2 TURN RIGHT, PIVOT 1/4 RIGHT, CROSS CHA CHA

1-2 Rock R forward, recover onto L
3&4 Triple 1/2 turn right on RLR
5-6 Step L forward, pivot 1/4 turn right
7&8 Cross cha cha on LRL

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