

# Danca Sol E Mar (Sea & Sun Dance)

COPPER KNOB  
STEPSHEETS

拍数: 56                      墙数: 4                      级数: Intermediate  
编舞者: Jaszmine Tan (MY) - November 2017  
音乐: Lambada - Kaoma



**Intro : 8 count - Restart after 48 count on wall 4**

## **SEC 1 : LAMBADA BASIC STEPS , ¼ TURN L LAMBADA BASIC STEPS**

- 1 & 2                      Step on R with hip to R, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor)
- 3 & 4                      Repeat steps 1&2 starting with the L foot
- 5 & 6                      Step on R with hip to R with 1/4 L, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor (9))
- 7 & 8                      Repeat steps 1&2 starting with the L foot

## **SEC 2 : CROSS ROCK R OVER L (2X), CROSS ROCK L OVER R (2X) WITH HIPS**

- 1 & 2                      Weight on L, cross R diagonal over L, recover, step back on R [moving R hips forward &back]
- 3 & 4                      Repeat steps 1 & 2 (end weight on R)
- 5 & 6                      Weight on R, cross L diagonal over R, recover, step back on L [moving L hips forward &back]
- 7 & 8                      Repeat steps 3 & 4 (end weight on L)

## **SEC 3 : 1/2 TURNING R, 1/2 TURNING L**

- 1 & 2 &                      Make 1/8 turn R step R forward, step L next to R, make a 1/8 turn R, step R forward, step L next to R
- 3 & 4                      Make a 1/8 turn R step R forward, step L next to R, make a 1/8 turn R step R forward (3)
- 5 & 6 &                      Make 1/8 turn L step L forward, step R next to L, make a 1/8 turn L, step L forward, step R next to L
- 7 & 8                      Make a 1/8 turn L step L forward, step R next to L, make a 1/8 turn L step L forward (9)

## **SEC 4 : SYNCOPATED ROCK STEP R L, MAMBO R, MAMBO L 1/4 R**

- 1 & 2                      Press R forward, recover on L, step R next to L
- 3 & 4                      Press L forward, recover on R, step on L
- 5 & 6                      Rock R to R, recover on L, step R next to L
- 7 & 8                      Rock L to L with 1/4 turning R, recover on R, step L next R (12)

## **SEC 5 : R HIP BUMP, BEHIND SIDE CROSS, L HIP BUMP, BEHIND SIDE CROSS**

- 1 & 2                      Press R to R with 2 hips bump (weight on L)
- 3 & 4                      Cross R behind L, step L to L, cross R over L
- 5 & 6                      Press L to L with 2 hips bump (weight on R)
- 7 & 8                      Cross L behind R, step R to R, cross L over R

## **SEC 6 ; HIP ROLL TURNING 3/4 L**

- 1 – 8                      Weight on L, step R to R and roll hips as you move and turning 3/4 L in 8 count (3)

**Restart after SEC 6 on wall 4 (facing 12)**

## **SEC 7 : CROSS ROCK R OVER L, RECOVER, CROSS ROCK L OVER R, RECOVER (2X)**

- 1 & 2                      Cross R over L, recover on L, step R to R
- 3 & 4                      Cross L over R, recover on R, step L to L
- 5 & 6                      Cross R over L, recover on L, step R to R
- 7 & 8                      Cross L over R, recover on R, step L to L

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