

Amado Mio

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver Rhumba
编舞者: Wayne Williams (CAN) - December 2017
音乐: Amado Mio - Pink Martini



SIDE ROCK, RECOVER, CROSS-OVER SHUFFLE X2

1-2 Rock out to Side R with right foot, recover to left foot
3&4 Cross-over shuffle, stepping right, left, Right
5-6 Rock out to Side L, with left foot, recover to right foot
7&8 Cross-over shuffle, stepping left, right left

SIDE ROCK, RECOVER, BEHIND SIDE ACROSS ¼ LEFT; ROCK FWD., RECOVER, SWEEP BACK 2X

9-10 Rock out to Side R with right foot, recover to left foot
11&12 Step right behind left, step side left on left turning ¼L, step right fwd.
13-14 Rock fwd. on left foot, recover on right
15-16 Sweep back left (step on left), sweep back right (step on right)

SIDE TOGETHER SIDE STEP, DRAG; CROSS ROCK, RECOVER, SIDE SHUFFLE

17-18 Step left foot to side Left, step right next to left
19-20 Big step on L to left side, drag right to left (weight remains on left)
21-22 Cross rock right over left, recover to left
23&24 Shuffle side right, right, left, right

LEFT JAZZ BOX ¼ LEFT; SIDE ROCK, RECOVER, CROSS OVER, HOLD

25-26 Cross left over right, step back on right turning ¼L
27-28 Step left to left side, step right next to left
29-30 Rock out to side left with left foot, recover to right foot
31-32 Cross left over right foot, hold*

REPEAT

*At the end of entire sequence, listen to the music for a longer hold before resuming.
At the end of the music, as it slows down, you may match steps to the speed or continue dancing through and gradually slowing down with the end of music.

Contact: waynewilliams820@yahoo.com