

Cuba

COPPER **NOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Beginner / Improver
编舞者: Ilona Tessmer-Willis (USA) - April 2018
音乐: Cuba - Gibson Brothers : (Google Play / iTunes / AmazonMP3)



Intro: 32 ct

S1: R FORWARD ROCK R BACK SHUFFLE, L BACK ROCK L FORWARD SHUFFLE

1-2 R Forward Rock, L Recover
3&4 R Back Step, L Together, R Back Step
5-6 L Back Rock, R Recover
7&8 L Forward Step, R Together, L Forward Step

S2: 1/2 L TURN: 2 R PADDLES, FORWARD R & L SYNCOPATED HIP BUMP

1-2 R Forward, 1/4 Turn on L Ball (weight on left)
3-4 R Forward, 1/4 Turn on L Ball (weight on left)
5&6 R Step Forward Hip Bump, L Bump, R Bump (weight on left)
7&8 L Step Forward Hip Bump, R Bump, L Bump (weight on left)

S3: R FORWARD ROCK R BACK SHUFFLE, L BACK ROCK, L FORWARD SHUFFLE

1-2 R Forward Rock, L Recover
3&4 R Back Step, L Together, R Back Step
5-6 L Back rock, R Recover
7&8 L Forward Step, R Together, L Forward Step

S4: 1/2 L TURN: 2 R PADDLES, FORWARD R & L SYNCOPATED HIP BUMP

1-2 R Forward, 1/4 L Turn on L Ball (weight on left)
3-4 R Forward, 1/4 L Turn on L Ball (weight on left)
5&6 R Step Forward Hip Bump, L Bump R Bump
7&8 L Step Forward Hip Bump, R Bump, L Bump

S5: R SIDE STEP TOGETHER R SIDE SHUFFLE, L & R SWAY, L KICKBALL CHANGE

1-2 R Side Step, L Together
3&4 R Side Step, L Together, R Side Step
5-6 L & R Sway (weight on right)
7&8 L Kick Forward, Step on Ball of L, R Step in place.

S6: L SIDE STEP TOGETHER L SIDE SHUFFLE, R & L SWAY, R KICKBALL CHANGE

1-2 L Side Step, R Together
3&4 L Side Step, R Together, L Side Step
5-6 R & L Sway (weight on left)
7&8 R Kick Forward, Step on Ball of R, L Step in place

S7: 1/4 R TURN: R&L FORWARD SHUFFLE, R&L FORWARD SHUFFLE (OPTION: FULL RIGHT TURN CT 5&6, 7&8)

1&2 1/8 R Turn: R Step Forward, L Together, R Step Forward
3&4 1/8 R Turn: L Step Forward, R Together, L Step Forward
5&6 R Step Forward, L Together, R Step Forward
7&8 L Step Forward, R Together, L Step Forward

S8: R ROCK FORWARD 1/2 R TURN: R SHUFFLE, 1/2 R PIVOT TURN, R MAMBO

1-2 R Forward Rock, L Recover
3&4 1/2 R Turn: R Forward, L Together, R Forward

5-6 L Forward , Pivot on Balls of both Feet 1/2 R (weight on right)
7&8 L Side Step, Recover on R, L Close Next to R

Contact: hel.38@att.net
