

Un, Dos, Tres

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Cato Larsen (NOR) - June 2018
音乐: 1, 2, 3 (feat. Jason Derulo & De La Ghetto) - Sofía Reyes : (CD: Digital download only)



Dance #: 135 (My choreography number)

Intro: Start the dance at vocals after 16 counts (seconds).

[1 – 8] Mambo Steps with Heel Grinds, Rock Step with Body Roll, Back, Together.

- 1 Touch right heel forward with toes pointing left (1). 12:00
- &2 Swivel right toes right as you Grind right heel into floor (&), Step right next to left (2).
- 3 Touch left heel forward with toes pointing right (3).
- &4 Swivel left toes left as you Grind left heel into floor (&), Step left next to right (4).
- 5 Step forward on right and start a Body Roll with your head (5).
- 6 Rock (recover) weight back again onto left and finish Body Roll (6).
- 7,8 Step back on right (7), Step left next to right (8).

[9 – 16] Hip Walk right & left, Step, ¼ turn, Step, ¼ turn.

- 1& Touch left toe forward and Bump your hips forward (1), Bump hips back (&).
- 2 Bump your hips forward as you Step forward on right (2).
- 3& Touch left toe forward and Bump your hips forward (3), Bump hips back (&).
- 4 Bump your hips forward as you Step forward on left (4).
- 5,6 Step forward on right (5), Pivot ¼ turn left Stepping forward on left (6). 9:00
- 7&8 Step forward on right (7), Pivot ¼ turn left Stepping forward on left (8). 6:00

[17 – 24] Side, Touch behind x2 with Arms, V-Shape steps (out-out, in-in).

- 1,2 Step right to right side (1), Point left toe behind and in cross of right (2).
- 3,4 Step left to left side (3), Point right toe behind and in cross of left (4).

Arms: Throw both arms straight up in the air above head (1), Lower both arms down to chest height (&). Throw both arms out to right side Clicking fingers (2). Throw both arms straight up in the air above head (3), Lower both arms down to chest height (&). Throw both arms out to left side Clicking fingers (4).

- 5,6 Step right diagonally forward right (5), Step left to left side of right (6).
- 7,8 Step right back to center (7), Step left next to right (8).

[25 – 32] Bota Fogo's, Jazz Box.

- 1 Step right diagonally forward across of left (1).
- a2 Step left to left side (a), Rock (recover) weight back again onto right (2).
- 3 Step left diagonally forward across of right (3).
- a4 Step right to right side (a), Rock (recover) weight back again onto left (4).
- 5,6 Cross right over left (5), Step back on left (6).
- 7,8 Step right to right side (7), Step slightly forward on left (8).

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