

La Nina

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Vivian Wongso (INA) - June 2018
音乐: LA NINA by Angela Diliberto, Edition Caramba



SEQUENCE : AA B AA BB AA BBB

Intro : 16 Counts - NO TAG NO RESTART

PART A: 32 counts

Sec A1 : R SIDE, CLOSE, R CHASSE, L HIP BUMP, R HIP BUMP.

1 - 2 Step RF to R side, Close LF to RF
3 & 4 Step RF to R side, Close LF to RF, Step RF to R
5 - 6 Bump L hip forward, Step back on L
7 - 8 Bump R hip forward, Step back on R

Sec A2 : L SIDE, CLOSE, L CHASSE, R HIP BUMP, L HIP BUMP.

1 - 2 Step LF to L side, Close RF to LF
3 & 4 Step LF to L side, Close RF to LF, Step LF to L
5 - 6 Bump R hip forward, Step back on R
7 - 8 Bump L hip forward, Step back on L

Sec A3 : R BACK ROCK, RECOVER, FORWARD SHUFFLE, L ROCK FORWARD, RECOVER, L COASTER STEP.

1 - 2 Rock RF back, Recover on LF
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 6 Rock LF forward, Recover on RF
7 & 8 Step LF back, Close RF to LF, Step LF Forward

Sec A4 : R FORWARD, 1/2 TURN L, R FORWARD SHUFFLE, L SIDE ROCK, RECOVER, CHA CHA IN PLACE (L, R, L).

1 - 2 Step RF forward, 1/2 turn L step LF Forward (Facing 6 : 00)
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 6 Step LF to L side, Recover on RF
7 & 8 Step LF close to RF, Step RF in place, Step LF in place.

PART B: 32 counts

SEC B1 : R CHASSE, 1/2 TURN R, L CHASSE, R BACK ROCK, RECOVER, R CHASSE.

1 & 2 Step RF to R side, Close LF to RF, step RF to R side
3 & 4 1/2 turn R step LF to L side, Close RF To LF, Step LF to L side (facing 6:00)
5 - 6 Rock Back RF diagonal (facing 7:30), Recover on LF
7 & 8 Step RF to R side, Close LF to RF, Step RF to R side (facing 6:00)

SEC B2 : 1/2 TURN L CHASSE, R ROCKING CHAIR, R KICK BALL CHANGE.

1 & 2 1/2 turn L back step LF to L side (Facing 12:00), Close RF to LF, Step LF To L side
3 - 4 Rock RF forward, Recover on LF
5 - 6 Rock RF back, Recover on LF
7 & 8 Kick RF forward, Rock right back, Step LF in place

SEC B3 : R FORWARD SHUFFLE, L ROCK FORWARD, RECOVER, L BACK SHUFFLE, R BACK ROCK, RECOVER.

1 & 2 Step RF forward, Lock LF behind RF, Step RF forward
3 - 4 Step LF forward, Recover on RF
5 & 6 Step LF back, lock RF over LF, step LF back

7 - 8 Rock RF back, Recover on LF

SEC B4 : R FORWARD SHUFFLE, L FORWARD TOUCH, 1/4 TURN R FLICK , CROSS SHUFFLE, 1/4 TURN L, 1/2 TURN L.

1 & 2 Step RF forward, Lock LF behind RF, Step RF forward

3 - 4 Touch LF toe forward, 1/4 turn R Flicking LF (facing 3:00)

5 & 6 Cross LF over RF, step RF to side, Cross LF over RF

7 - 8 1/4 turn L step RF back, 1/2 turn L step LF forward (facing 06:00)

Enjoy the dance !

For further information, please email to : Vivianwongso21@gmail.com

Thank you.
