

ROMPE Cintura MERENGUE

COPPERKNOB
STEPSHEETS

拍数: 144 墙数: 4 级数: Phrased Improver
编舞者: Val Saari (CAN) - October 2018
音乐: Rompe Cintura - Los Hermanos Rosario



PHRASED SEQUENCE: AA B CC AA C B AA B

PART A: 64 Counts

S:A1 SIDE TOGETHER TO THE RIGHT, TOUCH, SIDE TOGETHER TO THE LEFT, TOUCH

1-4 Step RF right, Step LF together, Step RF right, Touch LF beside R

5-8 Step LF left, Step RF together, Step LF left, Touch RF beside L

S:A2 REPEAT S:1 SIDE TOGETHER SIDE TOUCHES, RL

S:A3 RF CROSS ROCK, STEP R,L X 2

1-4 Cross-rock RF over L, LF recover, Step RF beside L, Step LF in place

5-8 Cross-rock RF over L, LF recover, Step RF beside L, Step LF in place

S:A4 REPEAT S:3 RF CROSS ROCK, STEP R,L X 2

S:A5 STEP PIVOT 1/4 x 4

1-8 Step fwd on R Pivot 1/4 left, Step on LF

Repeat this pivot turn x 3

S:A6 ROCKING CHAIR X 2

1-4 Rock RF forward, Recover LF, Rock RF back, Recover LF

5-8 Rock RF forward, Recover LF, Rock RF back, Recover LF

S:A7 REPEAT S:A5 STEP PIVOT 1/4 x 4

S:A8 REPEAT S:A6 ROCKING CHAIR X 2

PART B: 48 Counts

S:B1 HEEL BOUNCES X 8 (RRRR,LLLL)

1-4 With feet apart, Bounce on RF heel four times

5-8 Bounce on LF heel four times

S:B2 REPEAT S:1 (HEEL BOUNCES)

S:B3 HEEL SWITCHES X 4 (R,L,R,L)

1-4 Touch R Heel forward on floor, Step RF beside L, Touch L Heel forward on floor, Step LF beside R

5-8 Touch R Heel forward on floor, Step RF beside L, Touch L Heel forward on floor, Step LF beside R

S:B4 TRAVELLING SWIVELS WITH DOUBLE CLAP, RIGHT, LEFT

1-4 Swivel both heels to right, both toes to right, both heels to right, Clap Twice (&4)

5-8 Swivel both heels to left, both toes to left, both heels to left, Clap Twice (&4)

S:B5 REPEAT S:3

S:B6 REPEAT S:1

PART C: 32

S:C1 WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R

1-4 Walk forward, RLR, Point LF side left
5-8 Step back, LRL, Point RF side right

S:C2 REPEAT S:1 WALK FORWARD (R,L,R) POINT L, WALK BACK (L,R,L) POINT R

S:C3 RAMBLES FORWARD X 4

1-4 R step forward, L point to left side, L step forward, R point to right side
5-8 R step forward, L point to left side, L step forward, R point to right side

S:C4 RF ROCKING CHAIR, RF PIVOT 1/4 R ROCKING CHAIR

1-4 Rock RF forward, Recover Left, Rock RF back, Recover Left
5-8 Rock RF forward pivot 1/4 R, Recover Left, Rock RF back, Recover Left

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