

Barbara's Bonanza (L/P)

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver Line / Partner
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - October 2018
音乐: Tonight Belongs to You - In Real Life
或: Cuanto Te Quiero - Paulina Rubio



Note: A versatile line or partner dance for salsa, compound timing (6/8), slow waltz (¾), cha cha cha, others. For compound timing, count 1&2. For cha cha cha, change all QQS steps to 2,3,cha cha cha and start on music count "one" with step FWD on RF before the first rock FWD on LF. For ¾ timing use even rhythm QQQ. All steps are the same for Lead (LD) and Follow (FW) except where noted. When done alone, use LD steps, however, can use FW steps for counts 5-8 in section 3 if so desired.

Starting position: Sweetheart (a.k.a. Cape)

S1) ROCK FWD, RECOVER, STEP BACK, ROCK BACK, RECOVER, STEP FWD

1-4 Rock FWD on LF (Q), recover on RF (Q), step back on LF (S)
5-8 Rock back on RF (Q), recover on LF (Q), step FWD on RF (S)

S2) ROCK FORWARD, RECOVER, STEP BACK, ROCK BACK ¼ R, RECOVER & PIVOT ¾ L, STEP BACK

1-4 Rock FWD on LF (Q), recover on RF (Q), step back on LF (S)
5-8 Rock back on RF turning body ¼ R (Q), recover on LF to face starting wall plus turn an additional ½ turn L - all in a smooth ¾ turn action (Q), step back on RF (S)

NOTE: Bring R arm over head of FW on 6. End with L arm in front of FW at waist level and R arm behind back of FW at R hip.

S3) ROCK BACK, RECOVER AND PIVOT ½ R, STEP BACK, ROCK BACK, RECOVER, STEP TOGETHER

1-4 Rock back on LF (Q), recover on RF and pivot ½ R (Q), step back on LF (S)
5-8 LD: Rock back on RF (Q), recover on LF (Q), step RF beside LF (S) FW: Rock back on RF (Q), recover on LF & prepare for L turn (Q), one-leg 360 spin L on ball of LF and step RF beside LF (S)

NOTE: LD raise R arm above FW head and rotate hand CCW to facilitate FW 360 L spin. End in sweetheart except with L arms extended straight out to L side.

S4) ROCK SIDE, RECOVER ¼ R, STEP THROUGH & PIVOT ½ R, ROCK FWD, ROCK BK, ROCK FWD

1-4 Rock LF to L (Q), recover on RF turning foot ¼ R (Q), step LF through and immediately pivot ½ R on ball of LF and end with weight on LF (S)
5-8 Rock FWD onto RF (Q), rock back onto LF (Q), rock FWD onto RF (S)

NOTE: Lift R arm on 3 and step through on LF and punch L hand through and extend. Turn immediately on ball of LF and drop RH over FW head to end in sweetheart on 4.

START OVER

Last Update: 4 Aug 2022