

Nota de Amor

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Phrased Intermediate
编舞者: Wina Malinda (INA) - August 2019
音乐: Nota de Amor (feat. Daddy Yankee) - Wisin & Carlos Vives



Sequence of dance: A-B-B(16)-C-C(16),-B-B(16)-C-C-C(16)-A-B-B(16)

Intro: 32 Count

PART A (32 Count)

AS1: SIDE, BEHIND CROSS, IN PLACE, SIDE, BACK ROCK, RECOVER, FORWARD, WALK, WALK, WALK, WALK, WALK

1-2&3 Step R to side, Cross L behind R, Step R in place, Step L to side
4&5 Rock R back, Recover on L, Step R forward
6&7 Step L forward, Step R forward, Step L forward
8& Step R forward, Step L forward

AS2: BACK, BEHIND CROSS, SIDE, CROSS OVER, BACK, SIDE, CROSS OVER, BACK SIDE, PIVOT ¼ RIGHT, CROSS OVER

1-2&3 Step R back while sweeping L to back, Cross L behind R, Step R to side, Cross L over R
4&5 Step R back, Step L to side, Cross R over L
6&7 Step L back, Step R to side, Make ¼ turn R step L forward
8& Pivot ¼ turn R, Cross L over R

S3: REPEAT S1

S4: REPEAT S2

PART B (32 Count)

BS1: (RIGHT & LEFT MAMBO)X2

1&2 Rock R to side, Recover on L, Step R next to L
3&4 Rock L to side, Recover on R, Step L next to R
5&6 Rock R to side, Recover on L, Step R next to L
7&8 Rock L to side, Recover on R, Step L next to R

BS2: CROSS BEHIND, IN PLACE, BOTAFOGOS,

1&2 Cross R behind L, Step L in place, Step R to side
3&4 Cross L behind R, Step R in place, Step L to side
5&6 Cross R over L, Step L to side, Step R in place
7&8 Cross L over R, Step R to side, Step L in place

BS3: SYNCOPATED CROSS SHUFFLE (LEFT , RIGHT)

1&2& Cross R over L, Step L to side, Cross R over L, Step L to side
3&4 Cross R over L, Step L to side, Cross R over L
5&6& Cross L over R, Step R to side, Cross L over R, Step R to side
7&8 Cross L over R, Step R to side, Cross L over R

BS4: PIVOT ¼ TURN LEFT, CROSS OVER, SIDE ROCK, RECOVER, FORWARD, PIVOT ¼ TURN LEFT, FULL TURN RIGHT

1&2 Step R forward, Pivot ¼ turn L, Cross R over L
3&4 Rock L to side, Recover on R, Step L forward
5&6 Step R forward, Pivot ¼ turn L, Step R forward
7&8 Make ½ turn R step L back, Make ½ turn R step R forward, Step L forward

PART C (32)

CS1: FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER, SIDE, FORWARD ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER, SIDE

- 1&2& Rock R forward, Recover on L, Rock R to side, Recover On L
- 3&4 Rock R back, Recover on L, Step R to side
- 5&6 Rock L forward, Recover on R, Rock L to side, Recover on R
- 7&8 Rock L back Recover on R, Step L to side

CS2: CROSS OVER, SIDE, BACK, BACK

- 1&2 Cross R over L, Step L to side, Step R back while lift L knee
- 3&4 Step L back, Make ¼ turn R step R to side, Step L forward
- 5&6 Rock R forward, Recover on L, Step R back
- 7&8 Rock L back Recover on R, Step L forward

CS3: PIVOT ¼ TURN LEFT, FORWARD, SWIVET

- 1&2 Step R forward, Pivot ¼ turn L, Step R forward
- 3&4 Step L forward, Lock R behind L, Step L forward
- 5&6 Touch R forward &swivel both toes to R, L R
- &&8 Touch R back &swivel both toes to L R, L

CS4: BACK LEFT COASTER STEP, FORWARD ROCK, RECOVER, TURN ¼ RIGHT SIDE, FORWARD LOCK SHUFFLE, FORWARD, TOGETHER

- 1&2 Step L back, Step R next to L, Step L forward
- 3&4 Rock R forward, Recover on L, Make ¼ turn R step R to side
- 5&6 Step L forward, Lock R behind L, Step L forward
- 7&8 Step R forward while bend the body forward, Step L next to R

Begin Again.

For more information about this dance please contact me at: ra.winamalinda5@gmail.com
