

Gracias A La Vida (Thanks To Life)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Consolidated Beginner
编舞者: Maite Alemany (ES) & Maria Jesús Osuna (ES) - June 2020
音乐: Eso Que Tú Me Das - Jarabe de Palo : (Album: Eso que tu me das, 2020)



Step sheet : M^a Jesús Osuna

Sequence : intro – 32 – 32 – 116 – tag – 32 – 32 – 16 – tag – 32 – 32 – 32 – 32 – 32 – 32 – 32 – 32 +1
• The choreography is of one wall but performing the first Restart it becomes 2 walls

Intro : 16 beats

[1-8] ROCK CROSS FWD (R) – ¼ TURN and SHUFFLE FWD – PIVOT ¼ TURN R – CROSS SHUFFLE (L)

1-2 Step right crossed over left, recover on left
3&4 ¼ turn right stepping right forward, left next to right, step right forward (03.00)
5-6 Step left forward, ¼ turn left (06.00)
7&8 Step left crossed over right, small right step to the right, step left crossed over right

[9-16] ROCK SIDE (R) – CHASSE TO RIGHT – ROCK SIDE (L) – CHASSE TO LEFT

1-2 Step right to the right side, recover on left
3&4 Step right to the right side, left next to right, step right to the right side
5-6 Step left to the left side, recover on right
7&8 Step left to the left side, right next to left, step left to the left side

• During wall 3 and 6 dance up to count 16 and continue with Tag looking at 06.00 and 12.00 respectively

[17-24] STEP FWD (R) – ½ TURN L and FLICK – SHUFFLE FWD (L) – POINT FWD (R) – POINT SIDE – SHUFFLE BWD

1-2 Step right forward, ½ turn left and flick up left (12.00)
3&4 Step left forward, right next to left, step left forward
5-6 Point right forward, point right to the right side
7&8 Step right back, left next to right, step right back

[25-32] FULL TURN BWD – SHUFFLE BWD (L) – ROCK BACK (R) – WALS FWD (R – L)

1-2 ½ turn left stepping left forward, ½ turn left stepping right back
3&4 Step left back, right next to left, step left back
5-6 Step right back, recover on left
7-8 Step right forward, step left forward

START AGAIN

TAG

[1-8] [STEP FWD (R) – FLICK (L) – ½ TURN L and STEP FWD – FLICK (R)] x2

1-2 Step right forward, flick left
3-4 ½ turn left stepping left forward, flick right
5-6 Step right forward, flick left
7-8 ½ turn left stepping left forward, flick right

[9-16] POINT SIDE (R) – STEP FWD – POINT SIDE (L) – STEP FWD – POINT SIDE (R) – STEP BACK – POINT SIDE (L) – STEP BACK

1-2 Point right to the right side, step right forward
3-4 Point left to the left side, step left forward
5-6 Point right to the right side, step right back

7-8 Point left to the left side, step left back
+1

Performed the last wall, 13th, we will add STEP RIGHT FORWARD to finish
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