

Optimis

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Ferdy Iskandar (INA) - July 2020
音乐: Optimis - AB Three

墙数: 4

级数: Easy Intermediate



S1# STEP FORWARD - SIDE TOUCH -CROSS BACK MAMBO

1-2 Step R forward, touch L to side
3-4 Step L forward, touch R to side
5&6 Cross R behind L, recover on L, step R to side
7&8 Cross L behind R, recover on L, Step L to side

S2# CROSS WITH HEEL - STEP BACK WITH TOE - PIVOT 1/2 LEFT (2X)

1-2 Cross R heel over L, step R back with toe
3-4 Step R forward, 1/2 turn L step L in the place (06.00)
5-6 Step cross R heel over L, step R back with toe
7-8 s Step R forward, 1/2 turn L step L in the place (12.00)

S3# CROSS - STEP SIDE - TURN 1/2 RIGHT - ROLLING VINE FULL TURN LEFT

1-2 Step cross R over L, step L to side
3-4 1/2 turn R step R to side, step L close touch beside R (06.00)
5-6 1/4 turn L step L forward, 1/2 turn L Step R back
7-8 1/4 turn L step L to side, touch R beside L (06.00)

S4# SIDE MAMBO - WALK BACK WITH SHIMMY

1&2 Step R to side, Step L in the place, step R together
3&4 Step L to side, Step R in the place, step L together
5-6 Step R back, Step L back
7-8 Step R back, Step L close L beside R

S5# STEP FORWARD - FORWARD LOCK SUFFLE - PIVOT TURN 1/2 RIGHT- FORWARD LOCK SUFFLE

1-2 Step R forward, step L forward
3&4 Step R forward, lock L behind R, Step R forward
5-6 Step L forward, 1/2 turn R Step R in the place
7&8 Step R forward, lock L behind R, Step R forward (12.00)

S6#STEP SIDE-BEHIND SIDE CROSS-STEP SIDE - BEHIND SIDE CROSS TURN 1/4 RIGHT

1-2 Step R to side, recover on L
3&4 Step cross R behind L, step L to side, cross R over L
5-6 Step L to side, recover on R
7&8 Step cross L behind R, 1/4 turn R step R forward, step L forward (03.00)

S7# KICK BALL - STEP FORWARD (2X)

1&2& Kick R forward, close R beside L, step kick L forward, close L beside R
3-4 Step R forward Weight on R, close L beside R
5&6 kick L forward, close L beside R, step kick R forward, close R beside L
7-8 Step L forward Weight on L, close R beside L

S8# STEP FORWARD - CHASSE 1/2TURN RIGHT - FULL TURN LEFT

1-2 Step R forward, recover on L
3&4 1/2 turn R step R forward, step L beside R, step R forward
5-6 step L forward, 1/2 turn L step R back
7-8 1/2 turn L step L forward, step R close beside L (09.00)

RESTART ON Wall 7, 8 After 32c

Have fun & optimis

Submitted by - Rina Sofiana: Ina_sofie@yahoo.com
