

August Rush

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Improver
编舞者: Taylor McEanley (IRE) - May 2010
音乐: La Bamba - Leon Thomas III : (Album: August Rush OS)



#48 counts intro. Cuban styling

#1: WALK X2, MAMBO, BACK X2, LOCK, BACK, BACK ROCK, RECOVER, 1/2 TURN L, BACK

1-2 Walk R, Walk L
3&4 Rock R forward, Recover onto L, Step back on R
5&6 Step back on L, Cross R over L, Step back on L
7&8 Rock back on R, Recover onto L, 1/2 turn L stepping back on R 6:00

#2: BACK ROCK, RECOVER, CHASSE L TO SIDE, CROSS, TOUCH L, TOUCH TOG, TOUCH L, SAILOR STEP TURNING 3/4 TURN L

1-2 Rock back on L, Recover onto R
3&4 Chasse left to side
8&5&6 Cross R over L, Touch L to side, Touch L next to R, Touch L to side
7&8 1/4 turn L... Cross L behind R, 1/4 turn L... Step R to side, 1/4 turn L... Cross L over R 9:00

#3: BALL, CROSS, SWEEP, CROSSING SHUFFLE, SWAY L, SWAY R, CHASSE L

8&1-2 Ball of R to side, Cross L over R, Sweep R from back to front
3&4 Cross R over L, Step L to side, Cross R over L
5-6 Step L to side swaying L, Sway R
7&8 Chasse L to side

#4: CROSS, UNWIND 3/4 TURN L, MAMBO BACK, CROSS MAMBO, SIDE, CROSS MAMBO, 1/4 TURN L, FORWARD

1-2 Cross R over L, Unwind 3/4 turn L (weight on R) 12:00
3&4 Rock back on L, Recover onto R, Step L forward
5&6 Cross/Rock R forward, Recover onto L, Step R to side
7&8 Cross/Rock L forward, Recover onto R, 1/4 turn L... Step L forward 9:00

#5: RUMBA BOX X2

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

NOTE: When you do the Rumba Box, dance it as if you were doing an "8".
:) Start Again Smilin' :)