

Andante, Andante

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rosalie Mackay (AUS) - January 2021
音乐: Andante, Andante - Lily James : (Album: Mama Mia, Here We Go Again)



Or: by ABBA

#32 Count Intro

RIGHT CROSS ROCK, & LEFT CROSS ROCK,

1, 2& Cross Rock R over L, Replace weight on L, & Step R to R side

3, 4& Cross Rock L over R, Replace weight on R, & Step L to L side

WEAVE LEFT, & CROSS ROCK

5&6& Cross R over L, & Step L to L side, Step R behind L, & Step L to L side

7, 8 Cross Rock R over L, Replace weight on L

(&) SIDE, CROSS, 1/4 TURN, 1/2 TURN, ROCK FWD, BACK

&1&2 & Step R to R side, Cross L over R, & 1/4 Turn L Step R back, 1/2 Turn L Step L fwd (3.00)

3, 4 Rock fwd on R, Rock back on L

(&) BACK FWD, & PIVOT 1/2 TURN

&5, 6 & Step R beside L, Rock back on L, Rock fwd on R

&7, 8 & Step L beside R, Step R fwd, Pivot 1/2 Turn, Weight on L (9.00)

(&) SIDE, BACK ROCK, & SIDE, BACK ROCK, ***

&1, 2 & Step R to R side, Rock back on L, Replace weight on R,

&3, 4 & Step L to L side, Rock back on R, Replace weight on L

(restart on wall 4 facing 12.00)

(&) 1/4 TURN LEFT BACK, SWEEP, SWEEP, COASTER STEP

&5,6 & 1/4 Turn L Step R back, Sweep step L back, Sweep step R back (3.00)

7&8 Step L back, Step R beside L, Step L fwd

HIP SWAYS, FWD, BACK, FWD, BACK

1,2,3,4 Step R fwd Sway Hips Fwd, Back, Fwd, Back, weight on L

(leave off Sways on wall 7)

FULL TURN FWD STEPPING FWD R, L, R, 3/4 TURN FWD STEPPING L, R, L

5&6 Travelling fwd Full Turn R stepping R, L, R (6.00) or shuffle fwd

7&8 Travelling fwd 3/4 Turn L stepping L, R, L (9.00)

[32]

Restart: ***On Wall 4 start facing 3.00 after 20 counts facing 12.00

On wall 7 (facing 6.00) dance up the Coaster step 24 counts, leave off Hip sways and do the last 4 counts (5&6, 7&8) to face 3.00. keep dancing.

To Finish: You will be facing the back for the last 4 counts (5&6, 7&8) do 2 full turns and Pivot 1/2 to face the front. If you don't turn that much do 2 shuffles fwd and Pivot 1/2 to front.