

Dame Dame No Pares

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rissa Miura (INA) - April 2021
音乐: No Pares (feat. Sky Monroe) - J. Perry



Intro dance : 16 counts

Restart on Wall 3 after 16 counts

I. CROSS - BACK - SIDE - CROSS - ¼ TURN R- MAMBO STEP

1-2& R cross over L, step L back, step R to side
3-4 L cross over R, ¼ turn right step R forward
5&6 Step L forward, recover on R, step L back
7&8 Step R back, recover on L, step R forward

II. FORWARD ROCK - CLOSE - FORWARD - PIVOT TURN 1/4 L - CROSS SHUFFLE - ¼ TURN L- SIDE TOUCH

1-2& Step L forward, recover on R, step L beside R
3-4 Step R forward, ¼ turn left step L in place
5&6 Cross R over L, step L to side, cross R over L
7-8 ¼ turn left step L forward, touch R to side

III. SAILOR STEP - SAILOR ¼ TURN L - CROSS ROCK - SIDE ROCK - BEHIND - SIDE - CROSS

1&2 Step R behind L, step L to side, step R to side
3&4 Step L behind R, ¼ turn left step R to side, step L forward
5&6& Cross R over L, recover on L, Step R to side, recover on L
7&8 Step R behind L, Step L to side, Cross R over L

IV. SAMBA SYNCOPATED ¾ TURN R - SIDE MAMBO (R-L)

1&2& Step L ¼ turn to left Fwd, R cross behind L, Step L 1/4 turn to left fwd, R cross behind L
3&4 Step L 1/4turn to left fwd, step R to side, Cross L over R
5&6 Step R to side, recover on L, step R together L
7&8 Step L to side, recover on R, step L together R

Enjoy the Dance!

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