

Mira pa Dentro

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sally Hung (TW) - May 2021
音乐: Amaparanoia Mira Pa Dentro - Carlos Jean



Intro: 16 counts from heavy beats

Sequence of dance: dance 4 counts of Wall 3, then Restart

S1. CROSS SAMBA STEPS R-L, SYNCOPATED CROSS ROCK RECOVER - SIDE ROCK RECOVER

1&2 Cross step R over L, Side rock L to L, Recover onto R
3&4 Cross step L over R, Side rock R to R, Recover onto L
5&6& Cross rock R over L, recover onto L, side Rock R to R, recover onto L
7&8& Repeat 5&6&

S2. JAZZ BOX W/ ¼ Turn R, SIDE BEHIND RECOVER (x2)

1,2,3,4 Cross step R over L, ¼ turn R stepping back on L, step R to R, step L fwd
5&6 Step R to R, cross step L behind R, recover on R
7&8 Step L to L, cross step R behind L, recover on L

S3. FWD MAMBO, RUN BACK, COASTER STEP, HIP BUMPS

1&2 Rock R fwd, recover onto L, step back on R
3&4 Run back on LRL
5&6 Step back on R, step L together, step R fwd
7&8 Step L fwd bumping hips LRL (weight on L)

S4. SYNCOPATED RUMBA BOX, TRIPLY STEP, COASTER STEP

1&2 Step R to R, step L together, step R fwd
3&4 Step L to L, step R together, step back on L
5&6 Step back on R, recover on L, step R in place
7&8 Step back on L, step R together, step L fwd

Happy dancing!

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