

Cambia El Paso

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Esmeralda van de Pol (NL) & Guillaume Richard (FR) - July 2021
音乐: Cambia el Paso - Jennifer Lopez & Rauw Alejandro



Intro: 16 counts

Dance Sequence : ABBBBAA*(16 counts)BBBBAAABBBBB

PART A: 24 COUNTS

RUMBA BOX FWD, TOGETHER, & CROSS, BACK SIDE, CROSS SHUFFLE

1-2 Step RF to R side, Step LF next to RF
3-4 Step RF fwd, Step LF next to RF
&5 Flick RF, Cross RF over LF
6& Step LF back, Step RF to R side
7&8 Step LF over RF, step RF to R side, Step LF over RF - 12.00

BALL CROSS, BACK SIDE CROSS, 1/4 TURN R X2, JAZZBOX

&1 Step RF to R side, Cross LF over RF
2&3 Step RF back, Step LF to L side, Cross RF over LF
4& 1/4 turn R-step LF back, 1/4 turn R-step RF slightly to R side - 06.00
5-6-7-8 Cross LF over RF, Step RF back, Step LF to L side, Step RF fwd

***Restart: you need to replace your weight on LF (&step LF next to RF) to start the dance again with part B

MAMBO L FWD, MAMBO R BACK, DIAMOND 3/8 TURN L

1&2 Rock LF fwd, Recover weight on RF, Step LF back
3&4 Rock RF back, Recover weight on LF, Step RF fwd
5&6 Cross LF over RF, 1/8 turn L-step RF to R side, Step LF back - 04.30
7&8 Step RF back, 1/4 turn L-step LF to L side, Step RF fwd - 01.30

LOCKSTEP FWD, MAMBO 1/2 TURN R, 3/8 TURN R LOCKSTEP BACK, COASTERSTEP

1&2 Step LF fwd, Step RF behind LF, Step LF fwd
3&4 Rock RF fwd, Recover weight on LF, 1/2 turn R-step RF fwd 12.00
5&6 1/8 turn R-step LF back, Step RF in front of RF, 1/2 turn R Step LF back
7&8& Step RF back, Step LF next to LF, Step RF fwd, Step LF next to RF

PART B: 16 COUNTS

SIDE ROCK, RECOVER, LOCK BEHIND, STEP LOCK, PUSH FWD-BACK, BACK TOGETHER

1-2-3 Rock RF to R side, Recover weight on LF, Step RF behind LF
4& Step LF fwd, Step RF behind LF
5-6-7 Push L hip fwd, Recover weight on RF, Push L hip fwd
8& Step RF back, Step LF next to RF

PIVOT 1/2 TURN L, STEP R FWD, TOUCH, SIDE STEP SHIMMY, TOUCH, OUT-OUT, BALL CROSS

1-2 Step RF fwd, 1/2 turn L-weight on LF 06.00
3-4 Step RF fwd, Touch LF next to RF
5-6 Step LF to L with shimmy shoulder, Touch RF next to LF
7&8& Step RF to R side, Step LF to L side, Step RF next to LF, Cross LF over RF

Dance With Esmeralda

Esmeralda v.d. Pol

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