

À Chaque Pas

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 12 October 2022
音乐: À chaque pas - Ô C'EST NOUS



Start: 5 s. approximately (On the lyrics: "Sur la ligne de départ")

Sequence: A-16-A-8-A-16-A-A-8-A-A

[1-8] Walk, Walk, Triple step, Step turn ½ R, Walk, Walk

1-2 RF FW, LF FW
3&4 RF FW, LF next to RF, RF FW
5-6 LF FW, ½ R
7-8 LF FW, RF FW (For restart: Make R touch next to LF)

[9-16] Triple step, Out, Out, Ball, Cross, Step turn ½ L, ¼ L

1&2 LF FW, RF next to LF, LF FW
3&4& RF to the R side, LF to the L side, RF behind LF, Cross LF over RF
5-6 RF FW, ½ L
7-8 RF FW, ¼ L (Restart)

[17-24] Jazz Box, Rock step, Weave

1-2 Cross RF over LF, LF back
3-4 RF to the R side, Cross LF over RF
5-6 RF to the R side, Recover to LF
7&8 Cross RF behind LF, LF to the L side, Cross RF over LF

[25-32] Toe strut, Toe strut, Rock step, Back, Jump (Option: Touch)

1-2 L toe FW, Drop your L heel (option: bump)
3-4 R toe FW, Drop your R heel (option: bump)
5-6 LF FW, Recover to RF
7-8 LF back, RF next to LF with jump (option: touch RF next to LF)

For end jump ¼R (12h)

For the level Beginner/Beginner+, watching our choreography "À Chaque Pas Hé"

Smile et enjoy the dance

Contact: maellynedance@gmail.com