

Ada Dimana Mana

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
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音乐: Ada Di Mana Mana - Selfi Yamma



I. WALK RL, ROCK FORWARD, ½ TURN R, SAMBA WHISK

- 1 – 2 Step Rf forward, step Lf forward
- 3 & 4 Rock Rf forward, Recover on Lf, ½ turn R Step Rf forward
- 5 a 6 Step Lf to left side, Rock Rf behind Lf, Recover on Lf
- 7 a 8 Step Rf to right side, Rock Lf behind Rf, Recover on Rf

II. ½ TURN PADDLE, SYNCOPATED WEAVE, TOGETHER, LIFT HEEL

- 1&2& 1/8 turn R Touch L toe to left side, Step Rf in place, 1/8 turn R Touch L toe to left side, Step Rf in place
- 3 & 4 1/8 turn R Touch L toe to left side, Step Rf in place, 1/8 turn R Touch L toe to left side
- 5&6& Cross Lf over Rf, Step Rf to right side, Cross Lf behind Rf, Step Rf to right side
- 7 & 8 Cross Lf over Rf, Step Rf beside Lf and lift heel then push hip back, Drop heel

III. ¼ TURN R DIAMOND, TOE TOUCH DIAGONAL

- 1&2& Cross Rf over Lf, Step Lf to left side, 1/8 turn R Step back on Rf, Hitch on Lf
- 3 & 4 Step back on Lf, 1/8 turn R Step R to right side, Step Lf forward
- 5 – 6 Touch R toe diagonal right forward and push R hip, Step Rf beside Lf
- 7 – 8 Touch L toe diagonal left forward and push L hip, Step Lf beside Rf

IV. ¼ TURN R CROSS SHUFFLE, ¾ TURN L TRIPPLE STEP, SIDE, TOE TOUCH PUSH HIP

- 1 & 2 ¼ turn R Cross Rf over Lf, Step Lf beside Rf, Cross Rf over Lf
- 3 & 4 ¼ turn L Step Lf forward, Step Rf beside Lf, ½ Turn L Step Lf forward
- &5&6 Step Rf to right side, Touch L toe and bouncing L hip down, up, down
- &7&8 Step Lf to left side, Touch R toe and bouncing R hip down, up, down

Tag 4 count after wall 3 by doing Out out In in

- 1 – 2 Step Rf forward diagonal right, Step Lf forward diagonal left
- 3 – 4 Step Rf back in place, Step Lf beside Rf

Restart on wall 6 after 8 count and change step Lf beside Rf

Restart on wall 7 after 16 count