

My Gardenia

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Beginner
编舞者: Anita Haban-Nakamaejo (USA) - June 2023
音乐: E'Tiare - Daniel Estocado



Hands on hips

ROCK RECOVER, CHA CHA BACK, ROCK BACK , RECOVER CHA CHA FORWARD

1-2, 3&4 Rock forward R, recover L, cha cha back on R
5-6, 7&8 Rock back on L, recover R, cha cha forward on L

SIDE ROCK RECOVER, CROSS CHA CHA, SIDE ROCK RECOVER CROSS CHA CHA

1-2, 3&4 Side rock R, recover L, cross cha cha R over L
5-6, 7&8 Side rock L, recover L, cross cha cha L over R

STEP HALF TURN LEFT 2 TIMES, HEEL SWITCHES, HOLD and CLAP

1-4 Step R forward, pivot ½ turn right, step R forward pivot ½ turn right
5&6&7-8 R heel forward, step on it, L heel forward, step on it, R heel forward, hold and clap

BUMP HIPS FORWARD TWICE, BUMP HIPS BACK TWICE, UMI HIPS

1-4 Bump hips forward right twice, bump hips back twice
5-8 Umi hips left twice

Restart here 3rd wall. (after the instrumental)

VINE RIGHT, CHASSE RIGHT, ROCK RECOVER

1-8 Step R, cross back L, step R, cross L over R, cha cha right, rock back L, recover R

VINE LEFT, CHASSE LEFT, ROCK RECOVER

1-8 Step L, cross back R, step L, cross R over L, cha cha left, rock back R, recover L

SHIMMY RIGHT, CLAP (2 TIMES)

1-8 Shimmy R with a clap, shimmy right with a clap

JAZZ BOX QUARTER TURN RIGHT (2 TIMES)

1-4 Cross R over L, step back on L, ¼ turn right, step L together
5-8 Cross R over L, step back on L, ¼ turn right, step L together

REPEAT

RESTART

On the 3rd wall, facing 12:00, dance the first 32 counts, and then restart the dance over.
You will end the dance with the umi's. Cross R over L and curtsey gracefully! Have fun!
