

# Spokojnie

COPPERKNOB  
STEPSHETS

拍数: 48      墙数: 1      级数: Improver  
编舞者: Rex Allott (UK) - February 2024  
音乐: Muy Tranquilo - Gramatik



## Intro - 8 beats

### Tag.

#### S1. Kick R fwd, out, triple step, sway R out, in, R kick ball step

1-2. Kick R fwd, out R  
3&4. Triple step R,L,R  
5-6. Sway R out R, return  
7&8. Kick R fwd, return, step L next to R

#### S2. Kick L fwd, out, triple step, sway L out, in, L kick ball step

1-2. Kick L fwd, out L  
3&4. Triple step L,R,L  
5-6. Sway L out L, return  
7&8. Kick L fwd, return, step R next to L

### Main Dance.

#### S1. Step L behind R, point L heel fwd, hold, rock R fwd, L back, triple step

1-2. Step R to R, step L behind R  
&3-4. Step R back, point L heel diagonally fwd L, hold  
&5-6. Step L back, rock R fwd, L back  
7&8. Triple step R,L,R

#### S2. Step R behind L, point R heel fwd, hold, rock L fwd, R back, triple step

1-2. Step L to L, step R behind L  
&3-4. Step L back, point R heel diagonally fwd R, hold  
&5-6. Step R back, rock L fwd, R back  
7&8. Triple step L,R, L

#### S3. Turning 1/4 R, step R to R, 1/4 shuffle turn R, L cross mambo, R back cross mambo

1-2. Turning 1/4 R step R,L  
3&4. Turning 1/4 R, shuffle R,L,R  
5&6. Cross L over R, step L on the spot, step R next to L  
7&8. Step R behind L, step L over R, step R next to L

#### S4. Turning 1/4 L, step L to L, 1/4 shuffle turn L, R cross mambo, L back cross mambo

1-2. Turning 1/4 L, step L,R  
3&4. Turning 1/4 L, shuffle L,R,L  
5&6. Cross R over L, step L on the spot, step R next to L  
7&8. Step L behind R, step R over L, step L next to R

#### S5. R, L heel hook, camel walk R, L, quick 1/4 paddle turn L x2, triple step

1&2& Step R fwd, hook across L, step L down, hook across R  
3&4& Step L down, step R fwd of L, pop both knees fwd, back  
5&6& Quick 1/4 paddle turn L stepping R, L x 2  
7&8. Triple step R,L,R

#### S6. L, R heel hook, camel walk L, R, quick 1/4 paddle turn R x2, triple step

1&2& Step L fwd, hook across L, step R down, hook across L

3&4& Step R down, step L fwd of R, pop both knees fwd, back  
5&6& Quick 1/4 paddle turn R stepping L. R x 2  
7&8 Triple step L,R,L

**Dance half of tag (S1./ S2. alternately) after every S2. S4. & S6.**

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