

# My Cappuccino (我的卡布奇诺)

COPPER KNOB  
BY STEPHEN

拍数: 32                      墙数: 2                      级数: Intermediate  
编舞者: Heru Tian (INA) - June 2024  
音乐: Cappuccino - Elva Hsiao



\*1 Tag, 2 Restarts

\*\*\*Tag 4C at End of Wall 10 facing 12.00

V Step

1234                      Step RF fwd to R Diagonal (1), Step LF fwd to L Diagonal (2), Step RF Bwd to Centre (3),  
Step LF Next to RF (4)

\*\*\*Restart on Wall 1 & 5 after 16C facing 6.00

**Section 1 : Dorothy Step, Diagonal Heel Tap, Ball, Cross, Side, Cross Rock, 5/8R Triple Steps**

1 2&                      Step RF fwd to R Diagonal (1), Lock LF behind RF (2), Step RF fwd to R Diagonal (&)  
3&4&                      Tap LF Heel to L Diagonal (3), Ball LF Next to RF (&), Cross RF over LF (4), Step LF to L  
Side (&)  
5 6                      Rock RF cross over LF (5), Recover on LF (6)  
7&8                      3/8R, Step RF fwd (7) (3.00), 1/8R, Step LF Next to RF (&) (4.30) , 1/8R, Step RF fwd (8)  
(6.00)

**Section 2 : Rock Fwd/Shoulder Roll, Back&Touch, Back&Touch, Anchor Step, Out-Out-In-Cross**

1 2                      Rock LF fwd, Roll your left shoulder front to back (1), Recover on RF (2)  
&3&4                      Step LF back, slightly Diagonal (&), Touch RF next to LF (3), Step RF back, Slightly Diagonal  
(&), Touch LF Next to RF (4)  
5&6                      Step LF back, Hitch RF (5), Step RF in place (&), Step LF in place, Hitch RF (6)  
7&8&                      Step RF fwd to R Diagonal (7), Step LF fwd to L Diagonal (&), Step RF to centre (8), Cross  
LF over RF (&)

\*\*\*Restart Here on Wall 1 & 5 facing 6.00

**Section 3 : Diagonal Fwd/Body Roll, Recover/Hitch, Behind, 1/4L Fwd, Fwd, Fwd Touch, Heel Swivel, Kick, Back, Back, 1/4L Side**

1 2                      Rock RF fwd to R Diagonal, Start Body Roll (1), Recover on LF, finish Body Roll, Hitch RF (2)  
3&4                      Step RF behind LF (3), 1/4L, Step LF fwd (&), Step RF fwd (4) (3.00)  
5&6&                      Touch LF Fwd (5), Swivel LF heel to Left (&), Return LF heel (6), Kick LF fwd (&)  
7                      Step LF back with long step, Drag RF towards LF (7)  
8&                      Step RF back (8), 1/4L, Step LF to L Side (&) (12.00)

**Section 4 : Cross Rock, Ball, Extended Syncopated Weave, Cross, 1/4L Back, 1/4L Sailor Cross**

1 2&                      Rock RF cross over LF (1), Recover on LF (2), Ball RF next to LF (&)  
3&4&                      Cross LF over RF (3), Step RF to R Side (&), Cross LF behind RF (4), Step RF to R Side (&)  
5 6                      Cross LF over RF (5), 1/4L, Step RF Back, Sweep LF to Back (6) (9.00)  
7&8                      1/8L, Step LF back (7), 1/8L, Step RF to R Side (&), Cross LF over RF (8) (6.00)

Start again...

Herutian79@gmail.com