

Espresso Macchiato

COPPER KNOB
STEPSHEETS

拍数: 112 墙数: 2 级数: Phrased Advanced
编舞者: Lembit Härma (EST) - March 2025
音乐: Espresso Macchiato - Tommy Cash



Intro: 36 Counts, Start with song at approx 18 secs

Sequence: A, B, Tag1, C, A, B, Tag2, C, B, B

PART A (32)

SEC1: Step, Together with hand movements (2 x)

1-2 Step LF forward and open the arms up
3-4 Step RF next to LF and close the arms on your heart
5-6 Step RF forward and open the arms up
7-8 Step LF next to RF and close the arms on your heart

SEC2: Rock, Sweep 2x, Behind-side-cross, Hold and cross, Sway

1-2 Rock LF forward (1), Recover on RF as you sweep LF from front to back
3 Step LF back as you sweep RF from front to back
4&5 Step RF back (4), Step LF next to right (&), Cross RF over LF (5)
6&7 Hold (6) Step LF next to right (&), Cross RF behind LF (7)
8 Step LF left and sway body left

SEC3: Sway (3x) Hold and Sway (3x), Hold

1-3 Sway body right – left – right
4& Hold (4), Step LF next to right (&)
5 - 7 Step RF right with swaying body right – left – right
8 Hold

SEC4: Rock, Sweep, Cross, Unwind $\frac{3}{4}$ Ronde $\frac{1}{4}$ turn, Touch

1-2 Rock LF forward (1), Recover on RF as you sweep LF from front to back
3, 4-5 Cross LF behind RF (3), $\frac{3}{4}$ unwind turn left weight remains on RF [3:00]
6-8 Ronde with LF and $\frac{1}{4}$ turn left on RF (6-7), Touch LF next to right (8)

PART B (32)

SEC1: Snap, Kick and Heel and Touch, Shuffle back, Rock back

1-4 Snap (1), Kick LF forward (2), Step LF next to right (&), Touch right heel forward (3), Step RF next to left (&), Touch left toe behind RF (4)
5&6 Step LF to back left diagonal (5), Step RF next to left (&), Step LF to back left diagonal (6)
7-8 Rock RF back (7), Recover on LF (8)

SEC2: Shuffle R fwd, Shuffle L fwd, Kick ball step (2x)

1&2 Step RF forward slightly diagonal (1), Step LF beside right (&), Step RF forward (2)
3&4 Step LF forward slightly diagonal (3), Step RF beside left (&), Step LF forward (4)
5&6 Kick RF forward (5), Step RF beside left (&), Step LF forward (6)
7&8 Kick RF forward (7), Step RF beside left (&), Step LF forward (8)

SEC3: Rock R recover, Coaster step, Rock L recover, Coaster step

1-2 Rock RF forward (1), Recover on LF (2)
3&4 Step RF back (3), Step LF next to right (&), Step RF forward (4)
5-6 Rock LF forward (5), Recover on RF (6)
7&8 Step LF back (7), Step RF next to right (&), Step LF forward (8)

SEC4: Paddle turn ¼ (2x), Turn ½, Hold, Rock, Unwind ½

- 1-2 Touch RF forward (1), Turn ¼ left recovering on LF (2) [9:00]
3-4 Touch RF forward (3), Turn ¼ left recovering on LF (4) [6:00]
5-6 Turn ½ left on LF and stomp RF right side (5) 12:00, Hold (6)
7-8 Rock LF forward (7), Recover weight on RF as turning ½ left (8) [6:00]

TAG1 (16)**SEC1: Cross steps (4x), Kick, Back-side-cross-side-back**

- 1&2&3&4 Cross LF over right (1), Step RF next to left (&), Cross LF over right (2), Step RF next to left (&), Cross LF over right (3), Step RF next to left (&), Cross LF over right (4)
5-6 Kick RF forward (5), Step RF back (6)
&7&8 Step LF next to right (&), Cross RF over left (7), Step LF left (&), Cross RF behind left (8)

SEC2: Kick, Back and back and back, Anchor step, Coaster step

- 1-2 Kick LF to left diagonal (1), Cross LF behind right (2)
&3&4 Recover weight on RF (&), Step weight on LF (3), Recover weight on RF (&), Step weight on LF (4)
5&6 Lock RF behind left (5), Step weight on LF (&), Step slightly back on RF (6)
7&8 Step LF back (7), Step RF next to left (&), Step LF forward (8)

TAG2 (4) Cross steps (4x)

- 1&2&3&4 Cross LF over right (1), Step RF next to left (&), Cross LF over right (2), Step RF next to left (&), Cross LF over right (3), Step RF next to left (&), Cross LF over right (4)

PART C (48)**SEC1: Clap, Boogie Runs forward (6x), Toe touches 3x, Coaster step**

- 1&2&3&4 Clap (1), Run RF forward (&), Run LF forward (2), Run RF forward (&), Run LF forward (3), Run RF forward (&), Run LF forward (4),
5&6 Touch right toe to right (5), Touch next to LF (&), Touch to right (6)
7&8 Step RF back (7), Step LF next to right (&), Step RF forward (8)

SEC2: Toe touches 3x, Coaster step, ½ paddle turn left, Step

- 1&2 Touch left toe to left (1), Touch next to RF (&), Touch to left (2)
3&4 Step LF back (3), Step RF next to left (&), Step LF forward (4)
&5&6&7&8 Touch RF forward (&), Turn 1/8 left recovering on LF (5), Touch RF forward (&), Turn 1/8 left recovering on LF (6), Touch RF forward (&), Turn 1/8 left recovering on LF (7), Turn 1/8 left stepping RF next to left (8) [12:00]

SEC3: Boogie Runs forward (7x), Charleston step

- 1&2&3&4 Run LF forward (1), Run RF forward (&), Run LF forward (2), Run RF forward (&), Run LF forward (3), Run RF forward (&), Run LF forward (4),
5-8 Point RF forward (5), Step RF back with a sweep (6), Point LF backward (7), Step LF next to RF (8)

SEC4: Jumps out-in-out-cross, ½ turn with heel bounces

- 1-4 Jump both feet out (1), Jump both feet together (2), Jump both feet out (3), Jump feet cross right over left (4),
5-8 Turn ½ left bouncing heels 4 times

SEC5: Half rumba box (2x), Rock, Recover, Back Lock Step

- 1&2 Step RF to right side (1), Step LF next to right (&), Step RF forward (2)
3&4 Step LF to left side (3), Step RF next to left (&), Step LF forward (4)
5-6 Rock RF forward (5), Recover on LF (6)
7&8 Step RF back (7), Cross LF over right (&), Step RF back (8)

SEC6: Diagonal steps with hand movements 2x, Step, Step, Turn, Touch

- 1-2 Step LF to left diagonal turning body also as you push R arm to side (palm facing forward, shoulder height) (1), Touch RF next to left (2)
- 3-4 Step RF to right diagonal turning body also as you push L arm to side (palm facing forward, shoulder height) (3), Touch LF next to right (4)
- 5-6 Step LF forward (5), Step RF forward (6)
- 7-8 Pivot turn $\frac{1}{2}$ left (7), Step RF next to left (8)

Ending. At the very end, during the 8. count of part B sec 4 close the hands on your heart. Then step LF forward and open the arms up.
