

# Pure Essence

**COPPER** KNOB  
STEPSHEETS

拍数: 120      墙数: 4      级数: Advanced Soul Line Dance  
编舞者: Ray Boyd  
音乐: If I Ruled The World - R. Kelly



## **PONY LEFT, PONY RIGHT, STEP BACKWARD (4X)**

1&2&      Step left ball change, step right ball change  
3-4-5-6      Step back left, right, left right  
9-16      Repeat steps 1-6

## **STEP FORWARD LEFT, RIGHT, BASIC SALSA (3X)**

Whole turns are on left turning left

1&2&      Touch step left forward, touch step forward right  
3&4&      Step forward left, left steps beside right, step backward right, right steps beside left (repeat 3x)

(Optional turns for steps 17-)

5&6&      Step forward left, left steps beside right, step backward right, right steps beside left  
7&8&      Step forward left whole turn left, step backward right, right steps beside left (repeat 2x)

## **STEP LEFT, RIGHT, RAISE LEFT KNEE, STEP LEFT, RIGHT, LEFT, RAISE RIGHT KNEE, STEP RIGHT, LEFT RIGHT, RAISE LEFT KNEE, STEP LEFT, RIGHT, LEFT, RAISE RIGHT KNEE, STEP RIGHT**

26-37      Basic salsa (3x) (whole turns are on right turning right)  
1&2&3&4      Step forward left, left steps beside right, step backward right, right steps beside left, step forward left whole turn left, step backward right, right steps beside left (repeat 2x)

38-49      Repeat steps 26-37

## **SLIDE LEFT, SLIDE RIGHT, STEP LEFT CROSS RIGHT, STEP RIGHT CROSS LEFT, STEP LEFT CROSS RIGHT, CROSS LEFT, CROSS RIGHT, CROSS LEFT, PAUSE, STEP BACK RIGHT, STEP LEFT, CROSS RIGHT, STEP BACK LEFT, WALK FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, SWIVEL SHOULDERS 2X, PAUSE, ¼ TURN LEFT**

1-2-3-4      Step left to left side, slide right beside left  
5-6-7-8      Step right to right side, slide left beside left  
9&10&11&      Step left cross right, step right cross left, step left cross right  
12-13-14      Cross left, cross right, cross left, pause  
15&16&17&      Step back right, step left cross right, pause, step back left, step right  
18-19-20&21      Step left forward, step right forward, step left forward, cross right behind left, pause  
22-23      Swivel shoulders 2x, pause, ¼ turn left

## **PONY LEFT, PONY RIGHT, STEP LEFT IN PLACE 4X, RUN FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, STEP LEFT STOMP RIGHT, WALK BACKWARD LEFT 4X**

1&2&3&4      Step left ball change, step right ball change  
3-4-5-6      Step left, right, left, right  
7-8-9-10      Step left quickly forward, step right quickly forward, step left quickly forward, cross right behind left  
11-12      Step left, stomp right  
13-14-15-16      Step backward left, right, left, right

## **PONY LEFT, PONY RIGHT, STEP LEFT RIGHT IN PLACE 4X, RUN FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, ¼ TURN RIGHT, STEP RIGHT, CROSS RIGHT, RIGHT HAND TOUCH LEFT SHOULDER, CROSS LEFT, LEFT HAND TOUCH RIGHT SHOULDER**

1&2&3&4      Step left ball change, step right ball change

5-6-7-8 Steps left, right, left, right  
9-10-11-12 Step left quickly forward, step right quickly forward, step left quickly forward, cross right behind left  
13-14 ¼ turn right, step right to right side  
15-16-17-18 Cross right, right hand touch left shoulder, step right  
19-20-21-22 Cross left, left hand touch right shoulder, step left  
23-24-25-26 Touch forward right, lean backward, right hand touch right  
27-28-29-30 Right step beside left, knee split  
31-32-33-34 Step forward right, step forward left, ¼ turn right

**REPEAT**

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