

Sandy's Dance

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sandy Fatone
音乐: Tres Deseos (Three Wishes) - Gloria Estefan



MAMBO STEPS RIGHT, LEFT, RIGHT, LEFT

1&2 Rock right to right side, step left in place, step right next to left
3&4 Rock left to left side, step right in place, step left next to right
5&6 Rock right to right side, step left in place, step right next to left
7&8 Rock left to left side, step right in place, step left next to right

8 FORWARD SHOULDER SHRUGS WITH FORWARD PELVIC TILTS

9 Touch right toe forward, shrug both shoulders forward, tilt pelvis forward
10 Step down on right, repeat forward shoulder shrug and pelvic tilt
11 Touch left toe forward, repeat forward shoulder shrug and pelvic tilt
12 Step down on left, repeat forward shoulder shrug and pelvic tilt
13 Touch right toe forward, shrug both shoulders forward, tilt pelvis forward
14 Step down on right, repeat forward shoulder shrug and pelvic tilt
15 Touch left toe forward, repeat forward shoulder shrug and pelvic tilt
16 Step down on left, repeat forward shoulder shrug and pelvic tilt

½ TURNS WITH SHUFFLE STEPS

17-18 Step right forward, pivot ½ turn left
19&20 Shuffle forward right, left, right
21&22 Step left forward, pivot ½ turn right
23&24 Shuffle forward left, right, left

STEP OUT OUT, KNEES IN OUT 2X, 2 HEELS

25-26 Step right to right side, step left to left side (slightly more than shoulder width)
27 Bring both knees together by bending straight down, lean whole body left
28 Still leaning left, bring knees apart
29 Bring both knees together by bending straight down, lean whole body right
30 Still leaning right bring knees apart
&31 Step right in place, touch left heel forward
&32 Step left in place, touch right heel forward

CROSS TOUCH OUT 4X

& Step right in place
33-34 Cross step left in front of right, touch right toe to right side
35-36 Cross step right in front of left, touch left toe to left side
37-38 Cross step left in front of right, touch right toe to right side
39-40 Cross step right in front of left, touch left toe to left side

KNEE ROLLS

& Shift weight to left (feet will be shoulder length apart)
41-42 Roll right knee to the right, roll left knee to the left
43-44 Roll right knee to the right twice
45-46 Roll left knee to the left, roll right knee to the right
47-48 Roll left knee to the left twice

½ TURN, HIP BUMPS, LOCK STEP SIDE ROCK

49-50 Step right forward, pivot ½ turn left
51&52 Step right next to left, bump hips right, left, right
53 Step right diagonally forward toward right
& Lock left behind right
54 Step right diagonally forward
55-56 Rock left to left side, recover weight on right

LOCK STEP SIDE ROCK, 4 PADDLE TURNS

57 Step left diagonally forward toward left
& Lock right behind left
58 Step left diagonally forward
59-60 Rock right to right side, recover weight on left
61 Touch right toe forward and push to turn ¼ left
62 Touch right toe forward and push to turn ¼ left
63 Touch right toe forward and push to turn ¼ left
64 Touch right toe forward and push to turn ¼ left

REPEAT
