

Jalapena Lena

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: A.T. Kinson (USA)
音乐: Jalapena Lena - Rockin' Sidney



STEP KICK, BACK TOGETHER, HEEL SWIVELS, ROCK BACK

- 1 Left step forward
- 2 Right kick forward
- 3 Right step back
- 4 Left step next to right
- 5 Feet together swivel both heels to left side from center
- 6 Feet together swivel both heels back to center
- 7 Left rock back
- 8 Right recover weight
- 9-16 Repeat above 8 counts again

SIDE CROSS SIDE KICK, SIDE CROSS SIDE KICK

- 17 Left step to left side
- 18 Right step across in front of left
- 19 Left step to left side
- 20 Kick right diagonally forward to right
- 21 Right step down in place
- 22 Left step across in front of right
- 23 Right step to right side
- 24 Kick left diagonally forward to left

SIDE ROCK, RECOVER, LEFT STEP NEXT TO RIGHT, HOLD, SIDE ROCK, RECOVER, RIGHT STEP NEXT TO LEFT, HOLD

- 25 Left rock to left side
- 26 Right recover weight
- 27 Left step next to right
- 28 Hold count right foot free
- 29 Right rock to right side
- 30 Left recover weight
- 31 Right step next to left
- 32 Hold count left foot free

¼ TURN, KNEE-LIFT CLAP, ½ KNEE-LIFT CLAP, ½ TURN, KNEE-LIFT CLAP, KNEE-LIFT CLAP

- 33 Turn ¼ left, step forward left
- 34 Lift right knee and clap hands
- 35 Right step forward
- 36 On ball of right foot turn ½ left and lift left knee and clap hands
- 37 Turn ½ left, step forward left
- 38 Lift right knee and clap hands
- 39 Right step forward
- 40 On ball of right foot turn ½ left and lift left knee and clap hands

BACK ROCK RECOVER LEFT STEP SIDE HOLD, BACK ROCK RECOVER RIGHT STEP SIDE HOLD

- 41 Left rock back
- 42 Right recover weight
- 43 Left step to left side

- 44 Hold count, weight on left
- 45 Right rock back
- 46 Left recover weight
- 47 Right step to right side
- 48 Hold count, weight on right

REPEAT
