

Go, Go, Go

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sarah Fagan (UK)
音乐: The Cup of Life - Ricky Martin



LEFT & RIGHT ROCK & CROSS, SYNCOPATED RUMBA BOX

1&2 Rock left to left side, rock right in place, cross left over right
3&4 Rock right to right side, rock left in place, cross right over left
7&8 Step right to right side, close left up to it, step back right

LEFT SHUFFLE, ROCK ½ TURN, WALK LEFT, RIGHT, LEFT, SHUFFLE

9&10 Step forward left, close right up to it, step forward left
11&12 Rock forward on right, turn ½ on ball of left foot over right shoulder, step forward right
13-14 Walk forward left, right
15&16 Step forward left, close right up to it, step forward left

HEELS LEFT, RIGHT, LEFT, HOLD, CROSS SIDE TURN ¼ LEFT, COASTER STEP

17&18 Dig left heel forward, replace, dig right heel forward
19&20 Replace dig left heel forward, hold
21&22 Step right slightly back and cross left over right, step right to right side turning ¼ to left
23&24 Step back on left, step right beside left, step forward left

KICK, RIGHT TOUCH LEFT, SWITCH RIGHT, SWITCH LEFT, HEEL LEFT, COASTER STEP, FULL TURN (CHA-CHA-CHA)

25&26 Kick right foot forward, replace, touch left to left side
27&28 Replace touch right to right side, replace dig left heel forward
29&30 Step back on left, step right beside left, step forward left
31&32 Turn a full turn over left shoulder stepping right, left, right

The full turning cha-cha-cha can be replaced with cha-cha-cha steps forward

REPEAT