

En Cuerpo Y Alma (In Body And Soul)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Zandra Varnham (SCO)
音乐: En Cuerpo Y Alma - David Civera



ROCKS, CHASSE TWICE

- 1 Rock forward on right foot
- 2 Rock back onto left foot
- 3&4 Chasse right - step right to right side, step left next to right, step right to right side
- 5 Rock forward on left foot
- 6 Rock back onto right foot
- 7&8 Chasse left - step left to left side, step right next to left, step left to left side

CROSS, ¾ TURN, SHUFFLE, ROCKS TWICE, COASTER STEP

- 1 Cross step right foot over left
- 2 ¾ turn over left shoulder (weight stays on right)
- 3&4 Shuffle forward on left - step left foot forward, bring right up to left foot, step forward on left foot
- 5 Rock forward on right
- 6 Rock back on left
- 7&8 Back right coaster step - step right foot back, step left next to right, step forward on right

STEP, ½ TURN, TRIPLE ½ TURN, TRIPLE ½ TURN, TRIPLE ½ TURN

- 1 Step forward on left
- 2 ½ turn over right shoulder
- 3&4 Triple ½ turn over right shoulder - stepping left, right, left
- 5&6 Triple ½ turn over right shoulder - stepping right, left, right
- 7&8 Triple ½ turn over right shoulder - stepping left, right, left

ROCKS TWICE, COASTER STEP, ROCKS TWICE, COASTER SIDE STEP

- 1 Rock forward on right foot
- 2 Rock back on left foot
- 3&4 Back right coaster step - step back on right, step back on left, step forward on right
- 5 Rock forward on left foot
- 6 Rock back on right foot
- 7&8 Back coaster side - step back on left, step right next to left, step left to left side

REPEAT
