

Delanoche

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate rumba
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: Ángel De La Noche - David Bisbal



LEFT & RIGHT FORWARD HALF BOXES

1-4 (QQS) Step left to left, step right together, step left forward, hold
5-8 (QQS) Step right to right, step left together, step right forward, hold

LEFT FORWARD ROCK & RECOVER, TURNING ¼ LEFT STEP LEFT TO LEFT SIDE, HOLD, WEAVE LEFT

1-4 (QQS) Rock left forward, recover weight on right, turning ¼ left step left to side, hold
5-8 (QQQQ) Cross step right over left, step left to left, cross step right behind left, step left to left

CROSS ROCK, RECOVER, SIDE STEP, HOLD - FIRST ON RIGHT, THEN ON LEFT

1-4 (QQS) Cross rock right over left, recover weight on left, step right to right, hold
5-8 (QQS) Cross rock left over right, recover weight on right, turning ¼ left step left forward, hold

WALKAROUND, HOLD, LEFT CROSS ROCK & RECOVER, TURNING ¼ LEFT STEP LEFT FORWARD, HOLD

1-4 (QQS) Step right forward, turning ½ left step left forward, turning ¼ left step right to right side, hold
5-8 (QQS) Cross rock left over right, recover weight on right, turning ¼ left step left forward, hold

RIGHT FORWARD, ¼ LEFT PIVOT TURN, RIGHT CROSS STEP, HOLD, WEAVE LEFT

1-4 (QQS) Step right forward, turning ¼ left step left to left, cross step right over left, hold
5-8 (QQQQ) Step left to left, cross step right behind left, step left to left, cross step right over left

LEFT SIDE MAMBO, HOLD, ½ RIGHT MONTEREY TURN, LEFT SIDE TOUCH, HOLD (OR FLICK)

1-4 (QQS) Rock left to left, recover weight on right, step left together, hold
5-8 (QQS) Touch right out to right side, turning ½ right step right together, touch left to left side, hold

Option: Flick left behind on count 8

LEFT FORWARD LOCK STEP, HOLD, RIGHT FORWARD, ½ LEFT PIVOT TURN, STEP RIGHT FORWARD, HOLD

1-4 (QQS) Step left forward, lock right behind left, step left forward, hold
5-8 (QQS) Step right forward, pivot ½ left, step right forward, hold

LEFT FORWARD ROCK & RECOVER, ½ LEFT, HOLD, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, HOLD

1-4 (QQS) Rock left forward, recover weight on right, turning ½ left step left forward, hold
5-8 (QQS) Step right forward, pivot ½ left, step right forward, hold

Option: Touch left together on count 8

REPEAT