

Cuba Nights

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4
编舞者: Myriam Charlton (CAN)
音乐: Represent - Orishas

级数: Intermediate cha cha



STEP RIGHT, ROCK, RECOVER, SIDE-TOGETHER-SIDE, ROCK, RECOVER

1-2-3 Step right to right side, rock left forward and across right, recover on right
4&5 Step left to left side, step right together, step left to left side
6-7 Rock right forward and across left, recover on left

SIDE-TOGETHER-CROSS, ¼ LEFT, ¼ LEFT, COASTER STEP, KICK, ½ LEFT

8&1 Step right to right side(8), step left together (&), cross ball of right foot over and close to left ankle(1)
2-3 Rise on your toes and drop your heels down as you swivel ¼ left, transferring weight on your right foot (2), swivel again ¼ left for count (3), weight still on the right foot
4&5 Step left back, step right together, step left forward
6-7 Kick right forward, keep it low, step on right as you turn ½ to left on right foot.

Optional style: move both arms up with finger snaps as you cross your feet on count (1) gradually bring them down in a circle motion to the right on counts (2-3)

SHUFFLE FORWARD, ROCK, RECOVER, TOUCH BACK, TOUCH TOGETHER ¼ RIGHT, STEP RIGHT, TOUCH LEFT, STEP

8&1 Step left foot forward, step right together, step left forward
2-3 Rock forward on right, recover on left
4&5 Touch right back (4), touch right next to left as you swivel ¼ to right (&), step right foot to right side (5).
6-7 Touch left foot to left side (6), step on left foot (7).

Optional style: angle your body slightly to the left with both knees bent on count (6).

SAILOR, FULL SPIN LEFT, FORWARD, KICK BALL SKATE, SKATE, SKATE, TWIST-TWIST.

8&1 Step right behind left, step left to left side, step right to right side
2-3 Cross left ball behind right foot and spin a full turn to the left with most of your weight on the right foot (2), step left forward (3)
4&5 Kick right foot forward, step right next to left, skate forward on left
6-7 Skate right foot forward, skate left foot forward
8& Twist right, look right (8), twist left look left(&), keeping most of your weight on the left foot.
You are now ready to start the dance again

No spin option: touch left next to right on count 2, step forward on left on count 3

REPEAT