

Cuban Nights

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Improver
编舞者: Penny Smith (UK)
音乐: One Night - J.C. Jones



This is a true rumba danced to the rhythm by breaking on 2 with a strong Cuban motion. Use ball-flat footwork throughout.

BASIC HIP ROLLS (FIGURE 8)

1-2 Step left foot to left side, step back on right foot
3-4 Rock weight into left foot, rock weight into right foot
5-6 Hold weight in right foot, rock weight into left foot
7-8 Rock weight into right foot, rock weight into left foot

HOLD FULL TURN SPIRAL TURN ¼ TURN WEAVE RIGHT

1-2 Hold weight in left foot, step forward right (preparing to turn left)
3-4 Hook left foot in front of right knee pivot full turn left, step forward left
5-6 Side on right foot making ¼ turn left, step left foot across in front of right
7-8 Side on right foot, cross left foot behind right

ARIEL RONDE WEAVE LEFT ¼ TURN LEFT CUCARACHA LEFT

1-2 Swing right leg in a to the right arc, step right foot behind left
3-4 Step left foot to side, cross right foot in front of left
5-6 Keeping weight in right ¼ pivot turn left, step to side on left
7-8 Replace weight to right close left to right

HOLD CUCARACHA RIGHT FULL TURN SPOT TURN

1-2 Hold weight on left foot, step side on right foot
3-4 Replace weight to left foot, close right foot to left
5-6 Hold weight on right foot, cross left over right making ¼ turn to right
7-8 Step forward right making ¾ turn to right, tap left next to right

REPEAT
