

Country Lambada (P)

COPPERKNOB
STEPSHEETS

拍数: 56 墙数: 0 级数: Partner
编舞者: Melanie Greenwood (USA)
音乐: Can't Run from Yourself - Tanya Tucker



Position: Man's belly to lady's back, standing close. Man's right hand on front of lady's waist, left hand out to side & up. Lady's right hand on top of man's right, left hand in Man's left hand

LEFT HEEL, STEP, RIGHT TOE, STEP

- 1 Touch left heel forward
- 2 Step left next to right
- 3 Touch right toe back
- 4 Step right next to left

LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 5 Scuff left
- 6 Step forward left
- 7 Step forward right
- 8 Step forward left

SCUFF RIGHT, STEP FORWARD RIGHT, LEFT, RIGHT

- 9 Scuff right
- 10 Step forward right
- 11 Step forward left
- 12 Step forward right

LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 13 Scuff left
- 14 Step forward left
- 15 Step forward right
- 16 Step forward left

Next 12 counts will make a full turn to the left

STEPS WITH HIP CIRCLE

- 17-20 Step with right foot pivoting 1/3 turn to the left. Step left, right, left (ending with weight on left foot beside right foot)

Hip motion: on counts 17-20 hips to left side making a circle forward and to the right.

Upper body: while hips are making circle, both man & lady bend back slightly from waist, then forward slightly

- 21-28 Repeat counts 17-20 two times

This will complete the full turn and partners will both be facing forward line of dance.

LADY'S TURN TO LEFT

- 29-32 **MAN:** Bring lady's left hand to her waist as you turn her to the right to face you, draping her right arm over your neck to left shoulder
LADY: Turn to the right to face man, start on left foot, end weight on right foot, (point left toe home)

DIP LADY, RECOVER

- 33-36 **MAN:** Hold arm behind lady's back and dip her. By fourth count have her upright facing man with right hands pressed together above the head between partners
LADY: Bend backward for dip, and up to face man, right hand palm to palm above the head, between partners

3 STEPS FORWARD LOD, SIDE POINT

37-40 **MAN:** Step forward left, right, left, point right to side
 LADY: Step back right, left, right, point left to side

LADY'S TURN TO FORWARD LOD

41-44 **MAN:** Step forward right, left, right, touch left spinning lady $1\frac{1}{2}$ to the left. End with hands in starting position

LADY: Turn $1\frac{1}{2}$ to the left, starting with the left foot and ending with weight on right and left toe touch home.

You are both facing the forward LOD

STEP FORWARD LEFT, RIGHT, LEFT, RIGHT; SIDE SLIDES LEFT & RIGHT

45-48 Both step forward left, right, left, right

49-52 Step left to left, slide right to touch next to left (hip grind and weight on left foot)

53-56 Step right to right, slide left to touch next to right (hip grind and weight on right foot)

REPEAT
