

Arriba Va!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Vicki E. Rader (USA)
音乐: The Cup of Life - Ricky Martin



When dancing to "The Cup Of Life", start on the first "GO!". For all other songs listed, start on vocals.

HIP SHAKES, SHUFFLE RIGHT SIDE, SHUFFLE LEFT SIDE

Styling note: synchronize shoulder movement with the hip shakes. Raise left shoulder with right hip bump, raise right shoulder with left hip bump--make your body roll!

&1 Bump hips right, left
&2 Bump hips right, left
&3 Bump hips right, left
&4 Bump hips right, left (weight on left foot)

Steps &5 through 8 are not diagonal moves; only your body is angled slightly.

& With weight on left foot, angle body 45 degrees right
5&6 Moving slightly to right: shuffle right-left-right
& With weight on right foot, angle body 45 degrees left
7&8 Moving slightly to left: shuffle left-right-left

TWIST STEPS IN PLACE, FAST STEP-SLIDES FORWARD

Styling note: put plenty of "hip" in the twist steps and "body roll" in the slide steps.

&9 Twist left heel to left and step down on right with toe pointing 45, degrees right
&10 Twist right heel to right and step down on left with toe pointing 45 degrees left
&11 Twist left heel to left and step down on right with toe pointing 45 degrees right
&12 Twist right heel to right and step down on left with toe pointing 45 degrees left
& Twist left heel to center
13& Step forward on right and slide left forward
14& Step forward on right and slide left forward
15& Step forward on right and slide left forward
16 Step forward on right

ROCK-STEP, $\frac{3}{4}$ TURN, STEP, TURN $\frac{1}{2}$, SHUFFLE

17-18 Rock forward on left; step back on right
19-20 Shuffle left-right-left turning $\frac{3}{4}$ left
21-22 Step forward on right foot; pivot $\frac{1}{2}$ left
23-24 Shuffle forward right-left-right

SIDE ROCK, CROSS SHUFFLE, STEP TURN $\frac{1}{4}$, SHUFFLE TURN $\frac{1}{4}$

25-26 Rock to left on left; step right on right
27&28 Cross-shuffle left-right-left (left over right moving to right)
29-30 Step right foot out to right; turn $\frac{1}{4}$ left
31&32 Shuffle right-left-right, in place, turning $\frac{1}{4}$ left

REPEAT
