

Asi Es Maria

COPPER **NOB**
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Nathalie Bulsing & Andrea Koot
音乐: María - Ricky Martin



INTRO

Begins at 'ooh-eee-oo'

STEP, DRAG, STEP, DRAG

- 1 Step right to right side
- 2-4 Drag left next to right
- 5 Step left to left side
- 6-8 Drag right next to left

STEP, SHAKE, STEP, SHAKE

- 9 Step right to right side while shaking shoulders
- 10-12 Drag left next to right, still shaking shoulders
- 13 Step left to left side while shaking shoulders
- 14-16 Drag right next to left, still shaking shoulders

TAPS, ½ UNWIND, TAPS, ½ UNWIND

- 17-18 Tap right toe forward, tap right toe right side
- 19&20 Cross right behind left, unwind, facing backward
- 21-22 Tap left toe forward, tap left toe left side
- 23&24 Cross left behind right, unwind facing forward

STEPS, COASTER STEPS, STEPS, COASTER STEPS

- 25-26 Step right to right side, step left next to right
- 27&28 Step right back, step left next to right, step right forward
- 29-30 Step left to left side, step right next to left
- 31&32 Step left back, step right next to left, step left forward

THE MAIN DANCE

LOCK STEPS FORWARD, ½ PIVOT TURN, ½ PIVOT TURN

- 1&2 Step right forward, lock left behind right, step right forward
- 3&4 Step left across right, lock right behind left, step left forward
- 5-6 Step right forward, ½ pivot turn left
- 7-8 Step right forward, ½ pivot turn left

LOCK STEPS BACKWARD, SAILOR SHUFFLES

- 1&2 Step right back, lock left across right, step right back
- 3&4 Cross left behind right, lock right back, step left back
- 5&6 Step right to right side, step left next to right, step right across left
- 7&8 Step left to left side, step right next to left, step left across right

STEP, TURN, HIP BUMPS

- 1&2 Step right forward, full turn left, step left forward
- 3&4 Step right forward while bumping hips twice right side
- 5&6 Step left forward while bumping hips twice left side
- 7&8 Step right back while bumping hips twice right side

HIP BUMPS, HOPS, JUMP, CROSS, UNWIND, BODY WAVE

- 1&2 Step left back while bumping hips twice left side

- 3&4 Hop both feet together back three times
5-6 Jump feet apart, jump both feet in center, right across left
7-8 ½ turn left, facing backward, body wave

KNEE POPS, ¼ PIVOT TURN, ¼ PIVOT TURN

- 1-2 Pop right knee forward lifting right heel and moving slightly forward
3-4 Pop left knee forward lifting left heel and moving slightly forward
5-6 Step right forward, ¼ pivot turn left
7-8 Step right forward, ¼ pivot turn left

CROSS SHUFFLE, ¼ PIVOT TURN, SHUFFLE FORWARD, STEP, HOLD

- 1&2 Step right across left facing left, step left behind right, step right across left
3-4 Step left to left side, ¼ pivot turn right
5&6 Step left forward, step right next to left, step left forward
7-8 Step right to right side, hold

CROSS, STEP, CROSS, TOUCH, HOLD, TRIPLE STEP WITH WHOLE TURN, COASTER STEPS

- 1&2 Step left behind right, step right to right side, step left forward
3-4 Touch right to right side, hold
5&6 Step right behind left, full turn right, feet together
7&8 Step right back, step left next to right, step right forward

SIDE MAMBO STEPS, ROCK STEP, COASTER STEP

- 1&2 Step left to left side lifting right, recover onto right, step left next to right
3&4 Step right to right side lifting left, recover onto left, step right next to left
5&6 Step left forward lifting right, recover onto right, step left next to right
7&8 Step left back, step right next to left, step left forward

REPEAT
