

Almost Jamaica

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Gail Smith (USA)
音乐: Almost Jamaica - The Bellamy Brothers



SYNCOPATED CROSS ROCKS

1 Cross left foot over right and step
& Rock back onto right foot
2 Step left foot next to right
3 Cross right foot over left and step
& Rock back onto left foot
4 Step right foot next to left
5-8 Repeat beats 1-4

MILITARY PIVOT TO THE RIGHT, TURNING CHA-CHA-CHA, ROCK STEPS, CHA-CHA-CHA FORWARD

9 Step forward on left foot
10 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
11&12 Cha-cha-cha making a ½ turn to the right
13 Step back on right foot
14 Rock forward onto left foot
15&16 Cha-cha-cha forward (right-left-right)

SIDE SHUFFLES, PIVOTS

17&18 Shuffle sideways to the left (left-right-left) moving hips left-right-left with the shuffle
& Pivot ¼ turn to the right on ball of left foot
19&20 Shuffle sideways to the right (right-left-right) moving hips right-left-right with the shuffle
& Pivot ¼ turn to the right on ball of right foot
21-24 Repeat beats 17-20

CROSS STEP, TOE TOUCH, PIVOT, STEP, TOE TOUCH, REPEAT

25 Cross left foot over right and step
26 Touch right toe to the right
& Pivot ¼ turn to the right on ball of left foot
27 Step down on right foot in place
28 Touch left toe to the left
29-32 Repeat beats 25-28

FORWARD CHA-CHA-CHA, TURNING CHA-CHA-CHAS, ROCK STEPS

33&34 Cha-cha-cha forward (left-right-left)
35&36 Cha-cha-cha (right-left-right) beginning a full turn to the left
37&38 Cha-cha-cha (left-right-left) completing full turn to the left
39 Step forward on right foot
40 Rock back onto left foot

TURNING CHA-CHA-CHAS, ROCK STEPS

41&42 Cha-cha-cha (right-left-right) beginning a 1 ½ turn to the right
43&44 Cha-cha-cha (left-right-left) continuing 1 ½ turn to the right
45&46 Cha-cha-cha (right-left-right) completing 1 ½ turn to the right
47 Step forward on left foot
48 Rock back onto right foot

SYNCOPATED CROSS ROCKS

49 Cross left foot behind right and step
& Rock forward onto right foot
50 Step left foot next to right
51 Cross right foot behind left and step
& Rock forward onto left foot
52 Step right foot next to left
53-56 Repeat beats 49-52

MILITARY TURNS TO THE RIGHT WITH HIP SWAYS

57 Step forward on left foot
58 Pivot $\frac{1}{4}$ turn to the right on ball of left foot while swaying hips to the left and shift weight to right foot
59-60 Repeat beats 57-58
61-62 Repeat beats 57-58
63-64 Repeat beats 57-58

REPEAT
