

# Abacadabra

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Charlotte Macari (UK)  
音乐: Abacadabra - Sugar Ray



## RIGHT ROCK & CROSS, LEFT ROCK & CROSS, KICK, OUT, OUT, HIP BUMPS LEFT THEN RIGHT OR BODY ROLL

1&2      Rock right to right side, recover weight on left, cross right over left  
3&4      Rock left to left side, recover weight on right, cross left over right  
5&6      Kick right foot forward, step right out to right side, step left out to left side  
7-8      Hip bump left then right (or body roll for two counts)

&      Step, hold, & step hold, two sailor steps  
&1-2      Push weight off right and quickly step right next to left, step left to left side, hold (or small body roll)  
&3-4      Repeat above &1-2  
5&6      Right sailor step  
7&8      Left sailor step

## KICK & POINT, TWIST HEELS RIGHT, LEFT, RIGHT WITH ¼ TURN LEFT, LEFT SHUFFLE FORWARD, ROCK, RECOVER

1&2      Kick right forward, step right in place, point left to left side  
3&4      Twist heels right, left, right with a ¼ turn left, (weight ending on right)  
5&6      Shuffle forward left, right, left  
7-8      Rock forward right, recover weight on left

## 1 ½ TURNS RIGHT, TOE SWITCHES WITH HEEL SPLIT

1-4      Turn ½ right stepping forward to right, turn ½ right stepping back on left, turn ½ right stepping forward on right, step forward on left

**Easy option: just do ½ turn right doing four walks, to replace 1 ½ turn**

5&-6&      Touch right toe forward, step on right in place, touch left toe forward, step on left in place  
7&8      Touch right toe forward, split heels apart, (weight on toes) bring heels back to center

## WEAVE, ROCKING CHAIR, RIGHT CROSS, POINT LEFT, CROSS, ¼ TURN LEFT WITH RIGHT STEP BACK

1-2      Cross right behind left, step left to left side  
3&4&      Cross rock right over left, recover on left, rock back on right, recover on left  
5-6      Cross right over left, point left to left side  
7-8      Cross left over right, turn ¼ left stepping back on right

## LEFT SHUFFLE BACK, RIGHT ROCK BACK, RECOVER, HIP BUMPS WITH ½ LEFT

1&2      Left shuffle back  
3-4      Rock back on right, recover weight on left  
5&6      Touch right forward while bumping right hip forward, bump hips back, step forward on right  
&7&8      Turn ½ left, touch left foot forward bumping left hip forward, bump hips back, step forward on left

## RIGHT KICK, CROSS, BACK, & CROSS, FOUR COUNT WEAVE

1-3      Kick right foot forward, cross right over left, step slightly back with left  
&4      Step right to right side, cross left over right  
5-8      Weave - step right to right side, step left behind right, step right to right side, cross left over right

**RIGHT SIDE TOUCH, HOLD, & LEFT SIDE TOUCH, HOLD, & ¾ TURN MONTEREY RIGHT, ROCK,  
RECOVER CROSS**

- 1-2 Touch right to right side, hold
- &3-4 Step right in place, touch left to left side, hold
- &5-6 Step left in place, touch right to right side, turn ¾ turn right stepping right in place (Monterey)
- 7&8 Rock left to left side, recover weight on right, cross left over right

**REPEAT**

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