

Smokin' Cha

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: No Smoke Without Fire - James Hunter



(32 count intro – start with vocals)

SIDE, HOLD, CROSS, SIDE, FIGURE 4, QUICK WEAVE, SIDE CHA

- 1-2 Step Right foot to Right side (1), Hold as Left toe drags in toward Right foot (2).
3-4 Step Left foot across in front of Right (3), Step Right foot to Right side (4).
5 Turn body slightly Left, Lift Left knee placing Left foot at inside of Right knee,
(contract abdominal muscles and push buttocks back slightly) (the legs will make the shape of the number 4 – thus called a figure 4).
6&7 Step Left foot crossed behind Right (6), Step Right foot to Right side (&), Step Left foot crossed in front of Right (7).
8&1 Step Right foot to Right side (8), Step together with Left (&), Step Right to Right side (1).

CROSS ROCK, RECOVER & SWEEP, TURNING SAILOR, 2 WALKS, WEAVE & POSE

- 2-3 Rock Left foot across in front of Right (2), Replace weight back onto Right foot, sweep Left foot out to Left side (3).
4&5 Step Left foot crossed behind Right, turning 1/4 Left (4), Step Right foot to Right side (&), Step forward with Left foot (5).
6-7 Walk forward with Right foot (6), Walk forward with Left foot (7).
8&1 Step Right foot across front of Left (8), Step Left foot to Left side (&), Look to the Left, Touch Right toe with Right leg crossed tightly behind the Left leg, bending the Left knee and reaching that Right toe toward the left side (kind of like you are in a bowling pose) Left arm down and Right arm up with Right elbow bent – you can either put your Right hand behind your head or up in a soft fist - palm side of your fist facing out and up (1).

PASSE' & 1/4 TURN, CROSS, SIDE, QUICK WEAVE, SIDE CHA

- 2-3 Straightening supporting leg, Turn 1/4 Left slowly lifting Right foot up with Right knee bent and Right foot close to Left knee (2-3). (Pronounced Pah-say – to pass the foot from the back to the front - or visa versa - at the knee level)
4-5 Step Right foot across front of Left (4), Step Left foot to Left side (5).
6&7 Step Right foot crossed behind Left (6), Step Left foot to Left side (&), Step Right foot crossed behind Left (7).
8&1 Step Left foot to Left side (8), Step together with Right (&), Step Left foot to Left side opening body slightly to the Right (1).

BACK ROCK, RECOVER, 1/4 TURN, BACK LOCK, PIVOT 1 & 1/2, FORWARD CHA

- 2-3 Rock back with Right foot (2), Recover weight forward to Left foot (3).
4&5 Turn 1/4 Left, Step back with Right foot (4), Lock step Left foot across front of Right (&), Step back with Right foot starting to pull Left shoulder back for upcoming pivot turns (5).
6-7 Turn 1/2 Left, step forward with Left foot (6), Turn another 1/2 Left, step back with Right (7).
8& Turn another 1/2 Left, step forward with Left foot (8), Step together with Right (&).

RUMBA BOX WITH 1/4 TURN

- 1-4 Large step forward with Left, (1), Hold (2), Step Right to Right side (3), Step together with Left (4).

5-8 Step back with Right foot turning 1/4 Left (5), Hold (6), Step Left foot to Left side (7), Step together with Right (8).

RUMBA BOX WITH 1/4 TURN, ROCK BACK, RECOVER

1-4 Step forward with Left starting to turn 1/4 Left (1), Hold (2), Step Right to Right side completing the 1/4 turn Left (3), Step together with Left (4).

5-8& Step back with Right foot (5), Hold (6), Step Left foot to Left side (7), Rock back with Right foot (8), Recover weight forward to Left foot (&).

START AGAIN FROM BEGINNING OF DANCE.
