

Ave Maria

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK) - August 2009
音乐: Ave Maria - Beyoncé



Intro: Start on Vocals, 16 Counts

Walk. Walk. Together. Rock. Recover. Back. Back. ¼ Cross. ¼ Back. ¼ Rock Recover.

- 1-2& Walk forward right. Walk forward left. Step right beside left.
3-4 Rock forward left. Recover on right.
5&6 Step back left. Step back right. Cross left over right making ¼ left.
&7-8 Make ¼ left stepping back right. Make ¼ left rocking left to left side. Recover on right.

Step. X2 Slow Full Turns Right (Slow Pirouette). Sway. Recover. Step. ¼ Lunge. Drag

- &1-2 Step left beside right. Step right ¼ right. On ball of right make ¾ right stepping left beside right.

(Bring left leg into figure 4 if possible)

- 3-4 Step right ¼ right. On ball of right make ¾ right stepping left beside right.

(Bring left leg into figure 4 if possible)

- 5-6 step right to right & sway to right. Recover on left.
&7-8 Step right beside left. Make ¼ left as you lunge onto left. Drag right up in line with left to resume standing position (weight remains on left)

Step/Kick. Run. Run. Step/Kick. Run. Run. Rock. Recover. Syncopated Full Turn Right.

- 1-2& Step right down as you low kick left. Take a small step forward left. Step right beside left.
3-4& Step down on left as you low kick right. Take a small step forward right. Step left beside right.
(these steps are smooth & elegant- try turning your upper body towards the raised leg- keep supporting leg bent)

- 5-6 Rock forward right. Recover on left.
&7&8 Make a full turn right stepping R-L-R ending with left stepped to left side on count 8

the above section is to be used for the 2 tags following 2nd & 4th walls

Step/Sweep. Behind. Side. ¼. Behind. Side. Cross/Sweep. Cross. Side. Behind. ¼. ¾

- 1-2& Step right slightly behind left and sweep left from front to back. Step left behind right. Step right to right.
3-4& Make ¼ right stepping left to left side. Cross step right behind left. Step left to left.
5-6& Cross right over left as you sweep left from back to front. Cross step left over right. Step right to right.
7-8& Cross step left behind right. Make ¼ right stepping right forward. On ball of right make ¾ turn right – weight must end on left.

TAG: at the END of 2nd wall (back wall) & 4th wall (front wall), Repeat section 3 of the dance & begin again from the beginning.

Step/Kick. Run. Run. Step/Kick. Run. Run. Rock. Recover. Syncopated Full Turn Right.

- 1-2& Step right down as you low kick left. Take a small step forward left. Step right beside left.
3-4& Step down on left as you low kick right. Take a small step forward right. Step left beside right.
(these steps are smooth & elegant- try turning your upper body towards the raised leg- keep supporting leg bent))
5-6 Rock forward right. Recover on left.
&7&8 Make a full turn right stepping R-L-R ending with left stepped to left side on count 8

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