

Paloma 2009

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) & Brandon Cheung (AUS) - October 2009
音乐: Upside Down - Paloma Faith



Intro: 16 Counts. On vocals.

SIDE TOUCH, SIDE TOUCH, BACK TOUCH, BACK TOUCH, SIDE ROCK / RECOVER CROSS, BACK STEP CROSS

1&2& Step R to R, touch L beside R, step L to L, touch R beside L
3&4& Step R back, touch L beside R, step L back, touch R beside L
5&6 Rock R to R, recover L, cross R over L
7&8 Step back L, step R to R, cross L over R

¼ L, SIDE LUNGE, TOGETHER, CHASSE R-L-R ¼ R, SIDE ROCK / RECOVER ¼ R, CROSS, ¼ L BACK, BACK, TOUCH

1-2 ¼ L lunge R to R, step L beside R [9:00]
3&4 Step R to R, step L beside R, step R to R ¼ R [12:00]
5&6 ¼ R rock L to L, recover R, cross L over R [3:00]
7&8 ¼ L step back R, step back L, touch R beside L [12:00]

HEEL GRIND R FWD, BACK ROCK / RECOVER, ¼ L CHASSE R-L-R, TOUCH, HEEL GRIND L FWD, BACK ROCK / RECOVER, LOCK SHUFFLE

1&2& Heel grind R (toes from L to R), recover L, rock back R, recover L
3&4& ¼ L step R to R, step L beside R, step R to R, touch L beside R [9:00]
5&6& Heel grind with L (toes from R to L), recover R, rock back L, recover R
7&8 Step fwd L, lock R behind L, step fwd L

SIDE ROCK / RECOVER ¼ L, ¼ R BACK SIDE CROSS, CROSS, BACK, TAP, SIDE & DRAG, HOLD

1&2 ¼ L rock R to R, recover L, cross R over L [6:00]
3&4 ¼ R step back L step R to R, step fwd L [9:00]
5&6 Cross R over L, step back L, tap R beside L
7&8 Step R to R, Drag L towards R, HOLD

RESTART HERE ON WALL 3 FACING 9:00 BY ADDING: &ROCK L

KICK & SIDE ROCK / RECOVER (SLIGHTLY FWD), KICK & POINT, TOGETHER, KICK & SIDE ROCK / RECOVER (SLIGHTLY FWD), KICK & POINT

1&2& Kicking L fwd, step L back, rock R to R, recover L
3&4& Kicking fwd R, step R back in place, point L to L, step L beside R
5&6& Kicking fwd R, step R back in place, rock L to L, recover R
7&8 Kicking fwd L, step L back in place, point R to R

CROSS SAMBA (R & L), ¼ PIVOT L, RUN RUN R-L, & HEEL

1&2 Cross R over L, step L to L, step R to R fwd Cross L over R, step R to back, step L to L
5-6,7&8 Step forward right, Pivot ¼ L (weight L), step fwd R, step fwd L, bring R heel fwd (toes up & holding) [6:00]

START AGAIN!