

Ponte Loca! (aka Get Crazy!)

COPPERKNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Tajali Hall (CAN) - October 2010
音乐: Whine On You (feat. Omari Ferrari) - Fito Blanco



32 count intro

Sequence: A, B, First 16 of B, A, B, B, First 8 of B, A, B, B, B

Part A (48 Counts)

SYNCOPATED BACK ROCKS, FULL VOLTA SPOT TURN

1&2 Step left to left side, rock right behind left, recover weight to left
3&4 Step right to right side, rock left behind right, recover weight to right
5& ¼ turn left stepping forward on left, lock right foot behind left (9:00)
6& ¼ turn left stepping forward on left, lock right foot behind left (6:00)
7& ¼ turn left stepping forward on left, lock right foot behind left (3:00)
8 ¼ left stepping forward on left (12:00)

SAMBA STEPS, ½ CHASE TURN, FULL TURN

1&2 Cross right over left, rock left to left side, recover weight to right
3&4 Cross left over right, rock right to right side, recover weight to left
5&6 Step forward right, pivot ½ turn left transferring weight to left (6:00), step forward right prepping for full turn right
7&8 ½ turn right stepping back on left (12:00), ½ turn right stepping forward on right (6:00), step forward left

BALL STEP, STEP BACK, ¼ TURN BACK SIDE CROSS, SYNCOPATED ROCK AND CROSS, CROSSING SHUFFLE

&1-2 Step forward right, step left in place, step back right
3&4 Step back left, ¼ turn right stepping right to right side (9:00), cross left over right
&5 Rock right to right side, recover weight to left
6&7&8 Crossing shuffle right, left, right, left, right

¼ TURN FORWARD, ¼ TURN SIDE, STEP, ¼ TURN COASTER, STEP, ¼ TURN SIDE, ¼ TURN COASTER

1&2 ¼ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00), step left behind right
3&4 ¼ turn left stepping back on right (12:00), step left next to right, step forward on right
5&6 Step forward on left, ¼ turn left stepping right to right side (9:00), step left behind right
7&8 ¼ turn left stepping back on right, step left next to right, step forward on right (6:00)

BALL STEP CROSS (x3), ¼ BALL STEP, CROSS AND CROSS

&1-2 Step left to left side, step right in place, cross left over right
&3-4 Step right to right side, step left in place, cross right over left
&5-6 Step left to left side, step right in place, cross left over right
Note: You should be travelling forward on the ball-step-cross sequences
&7 ¼ turn left stepping right out to right side (3:00), step left in place
8&1 Cross shuffle right, left, right

¼ TURN LEFT, ROCK/RECOVER STEP BACK, WALK, WALK, BACK COASTER

2 ¼ turn left stepping forward on left (12:00)
3&4 Rock forward on right, recover weight to left, step right back
5-6 Walk back left, right
7&8 Step back on left, step right next to left, step forward on left

Part B (32 Counts)

KNEE/HIP ROLLS RIGHT, KNEE/HIP ROLLS LEFT

- 1-2 Roll right knee out to right side, roll left knee out to left side
- 3&4 Roll right knee out to right side bumping hips right-left-right
- 5-6 Roll left knee out to left side, roll right knee out to right side
- 7&8 Roll left knee out to left side bumping hips left-right-left

Note: When you start Part A again from here, do a quick weight change to your right foot

HEEL HOOK SCUFFS, ROCK/RECOVER STEP BACK, BALL CROSS, FULL TURN UNWIND

- 1&2& Touch right heel forward, hook right heel across left leg, scuff right heel forward, step down on right foot
- 3&4& Touch left heel forward, hook left heel across right leg, scuff left heel forward, step down on left foot
- 5&6 Rock forward on right, recover weight to left, step right back
- &7 Step back on left, cross right over left
- 8 Unwind full turn to the left with weight ending on left foot (12:00)

Note: When you start Part A again from here, end the unwind with your weight on the right foot

FULL TURN BALL CROSSES, HIP ROLLS FORWARD AND BACK, HIP ROLLS

- &1 ¼ turn left stepping right in place, cross left over right (9:00)
- &2 ¼ turn left stepping right in place, cross left over right (6:00)
- &3 ¼ turn left stepping right in place, cross left over right (3:00)
- &4 ¼ turn left stepping right in place, cross left over right (12:00)
- 5-6 Step forward on right rolling right hip forward, step back on left rolling left hip back (your body should be angled towards the left diagonal)
- &7 Roll hips in clockwise circle
- &8 Roll hips in clockwise circle (weight should end back on left foot)

BALL CROSS STEP BACK (x3), BALL CROSS, ½ TURN UNWIND

- &1-2 Step down on right, cross left over right, step back on right
- &3-4 Step down on left, cross right over left, step back on left
- &5-6 Step down on right, cross left over right, step back on right

Note: You should be travelling back on the ball-cross sequences

- &7-8 Step down on left, cross right over left, unwind ½ turn left (6:00) (end with weight evenly on both feet as you will start over from here on both the left foot and right foot depending on which section comes next, A or B)

Contact: soaringwithoutwings@hotmail.com
