

Mira Pa' Dentro

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Mayee Lee (MY) & Sebastiaan Holtland (NL) - January 2011
音乐: Mira Pa' Dentro - Carlos Jean & Amaparanoia : (3:38)



Intro: Start after 32 Counts from the strong beat or start on vocals (24 Sec)

Sec 1: 1-8 Step L Back, Touch Forward, Forward Shuffle, Touch, Half Turn R With Flick, Forward Shuffle

1-2 Step Lf back, touch Rf in front of Lf (12:00)
3&4 Step forward on Rf, step Lf behind Rf, step forward on Rf (Shuffle Fwd)
5-6 Touch L forward, flick L with 1/2 turn R & weight on R
7&8 Step forward on Lf, step Rf behind Lf, step forward on Lf (6.00) (Shuffle Fwd)

Sec 2: 9-16 R & L Cross Samba , Forward Rock, Recover, 3/4 Turn R Shuffle

1a2 Step R to R, recover on L , cross R over L
3a4 Step L to L, recover on R, cross L over R
5-6 Rock forward on Rf, recover on Lf
7&8 3/4 turn R shuffle RLR (3.00) **Restart**

Restart Here WALL 5 / 8 after 16 count (1st Restart facing 12 o'clock, 2nd restart facing 9 o'clock)

Sec 3: 17-24 L Rocking chair, Rock L Forward, Recover, Rock L Back, Rock R back, Recover, Cross & Cross

1&2& Rock forward on Lf, recover on Rf, rock back on Lf, recover on Rf (3:00)
3&4 Rock forward on Lf, recover on Rf, rock back on Lf
5-6 Rock Rf back, recover on Lf
7&8 Cross Rf over Lf, step Lf to the Left, cross Rf over Lf weight onto Rf (Cross & Cross) (3:00)

Sec 4: 25-32 Diagonal Point Fwd, Flick, Cross & Cross, Big Side Step, Hold,

1 1/4 turn L/Recover, Continue a 1/4 Turn L/Side
1-2 Point diagonally forward on Lf, flick L heel up (3:00)
3&4 Cross Lf over Rf, step Rf to the right, cross Lf over Rf weight onto Lf
5-6 Step Rf big to the right, HOLD (Option: Make your any own pose what you want)
7-8 Making a 1/4 turn to left (12:00) recover on Lf, continue a 1/4 turn to left (9:00) stepping Rf to Rf ending weight onto Rf **Tag **

4 count Tag Here after WALL 2 / 10 (1st tag facing 6 o'clock, 2nd tag facing 6 o'clock)

Tag: Kick & Down, Kick & Point

1&2 Kick forward on Lf, step Lf back beside Rf, dip body down weight onto Lf
3&4 Kick forward on Rf, step Rf back in place, point Lf out to left weight onto Rf

Optional Tag (For Beginner)

Cross, Touch, Cross, Touch

1-4 Cross Lf over Rf, touch Rf to Rf, cross Rf over Lf, touch Lf to Lf, ending weight onto Rf

Start again and have fun!

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