

Hotel Nacional

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Hotel Nacional - Gloria Estefan : (Album: Little Miss Havana - 3:36)



Introduction: 48 Counts - CCW Rotation

Sec. I (1- 8) SIDE, TOGETHER, SIDE-TOG-SIDE, CROSS/ROCK, RECOVER/BACK, TOUCH/BUMP, HIP BUMPS

1,2 RIGHT Step side R, LEFT Step beside R
3,&,4 RIGHT Triple to side R [R side, L Tog, R side]
5,6 LEFT Rock/Step across front of R, RIGHT Recover/Step back
7,&,8 LEFT Toe/Touch side L with hip bump L, Hip bump to R, Hip bump to L

Sec. II (9-16) SIDE, TOGETHER, TRIPLE SIDE/TURN, FORWARD, TURN, FORWARD, TURN

1,2 LEFT Step side L, RIGHT Step beside L
3,&,4 LEFT Triple side L with 1/4 Turn L (L side, R tog, L forward/turn) [9 o'clock]
5,6 RIGHT Step forward, Turn 1/4 L with LEFT Step side L [6 o'clock]
7,8 RIGHT Step forward, Turn 1/4 L with LEFT Step side L [3 o'clock]

**** Styling Note: On Turns, roll/circle hips**

Sec.III (17-24) FORWARD, SLIDE, FORWARD, SLIDE, ACROSS, BACK, TURN, ACROSS, SIDE [Syncopated Jazz Box]

1,2 RIGHT Step forward, LEFT Slide/Step to R heel [3rd foot position]
3,4 RIGHT Step forward, LEFT Slide/Step to R heel [3rd foot position]

****Styling Note:**

Shoulders/Hips face diagonal L, Arms reach forward diagonal L on Right steps forward, palms face down; arms pull "IN" to each side of hips on Left slide/steps [elbows bend, arms roll, palms face down on 'pull in']

5,6 RIGHT Step across front of L, LEFT Step back
&,7,8 Turn 1/4 R with RIGHT Step side R, LEFT Step across, RIGHT Step side R [6 o'clock]

Sec.IV (25-32) BACK, BACK, FORWARD, FORWARD, (IN,IN,OUT,OUT), TOUCH, TOUCH, TOGETHER, TURN, FORWARD

1,2 LEFT Step back & behind R, RIGHT Step back & beside L
3,4 LEFT Step forward diagonal L, RIGHT Step forward diagonal R [feet apart, 2nd foot position]
5,6 LEFT Toe/Touch forward, LEFT Toe/Touch side L
7,&,8 LEFT Step beside R, Turn 1/4 R with RIGHT Step forward, LEFT Step forward [9 o'clock]

Begin Again

Optional Introduction Sequence: Count 16, then begin Heel 'bounces' for 8 counts on each side: R,L,R,L; on last L heel bounce (Count 32) shift weight to L. Arms: every 8 counts – Double Arm Explosion: Circle both arms from inward to outward. Choices: up & out; down & out; out shoulder height, facing diagonal R; out shoulder height, facing diagonal L; or create something you want to do...smiles.

Ends on front wall on Count 32. As you step Left forward, strike a Pose (in a lunge with arms out).