

Catherine's Pain

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Smooth Intermediate Rumba
编舞者: Bronya Bishorek (MY) - February 2012
音乐: A Puro Dolor - Son By Four



Note : Dedicated to Catherine Goh - be strong babe.

Count In : 16 beats

SIDE, BACK ROCK, LOCK STEP FWD, FWD ROCK, TIP TOE RUN BACK

1-3 Step LF to L, step RF back, step f/wd on LF
4&5 Step RF f/wd, lock LF behind R, step RF f/wd
6-7 Step LF f/wd, recover weight back on RF
8&1 Step ball of LF back, step ball of RF back, step LF back

CUCARACHA (R), CUCARACHA (L) ¼ TURN, BACK, ½ TURN FWD, DIAGONAL

2&3 Step RF to R, rotate hips to the R (pivoting on the ball of RF), step RF in place
4&5 Step LF to L, rotate hips to the L & ¼ turn L (weight still on RF), step LF back [9:00]
6&7 Step ball of RF back, ½ turn R & step ball of LF next to R, step RF f/wd [3:00]
8 Step LF f/wd to L diagonal [1:30]

BACK, SIDE TOGETHER ¼, BALL CROSS ½, BALL CROSS ¼, FWD ROCK, BACK & SWEEP

1 Recover weight back to RF
2&3 Face [12:00] & step LF to L, close RF, ¼ turn L & cross step LF over R [9:00]
4&5 Step R ball to R, cross step LF over R, ½ turn R & cross step RF over L [3:00]
6&7 Step L ball to L, cross step RF over L, ¼ turn L & step LF f/wd [12:00]
8&1 Step RF f/wd, recover weight back to LF, step RF back & sweep LF from front to back

BACK ROCK, LUNGE, HITCH STEP, HITCH RONDE, BACK, ½ TURN FWD, STEP

2-3 Transfer weight back to LF, lunge f/wd on RF
4& Push weight back to LF & hitch R knee, step RF behind L
5 Hitch L knee & ¼ turn ronde L (use you L hip to ronde) [9:00]
6&7 Step ball of LF back, ½ turn R & step ball of RF next to L, step LF f/wd [3:00]
8 Step RF f/wd

END OF DANCE (2nd wall starts 3:00)

**Suggestion : This is a beautifully haunting tune which deserves to be danced with full expression.
Watch teach video for ideas on upper body styling.**