

Shangri La

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Nelly Chu (CAN) - March 2012
音乐: Shangri La - Costa Cordalis



Intro 8 counts

Right vine, touch, rolling turn left touch

1 2 3 4 Step right to right side, cross left behind right, step right to right side, touch left next to right
5 6 7 8 Make ¼ turn left step forward on left, ½ turn left step back on right, ¼ turn left step left to left side, touch right next to left (12:00)

Restart during wall 2 and wall 5 facing 6 o'clock begin the dance again

Back, back, back, touch, step kick, step touch

1 2 3 4 Step back right, left, right, touch left toe back
5 6 7 8 Step forward on left, kick forward on right, step back on right, touch left toe back

Shuffle forward x2, rock recover, coaster step

1&2 Forward left shuffle stepping left, right, left to left diagonal
3&4 Forward right shuffle stepping right, left right to right diagonal
5 6 Rock forward on left, recover on right
7&8 Step back on left, step right beside left, step forward on left (12:00)

Forward step, pivot ¼ turn left, cross shuffle, ½ turn right, cross shuffle

1 2 Step forward on right, pivot ¼ turn left step left in place (9:00)
3&4 Cross right over left, step left to left side, cross right over left
5 6 Make ¼ turn right step back on left, ¼ turn right step right to right side (3:00)
7&8 Cross left over right, step right to right side, cross left over right

Touch, kick, behind, side, cross, touch, kick, behind, ¼ turn right, step

1 2 Touch right toe beside left, kick right forward to right diagonal
3&4 Cross right behind left, step left to left side, cross right over left
5 6 Touch left toe beside right, kick left forward to left diagonal
7&8 Cross left behind right, ¼ turn right stepping forward right, step forward on left (6:00)

Forward rock, recover, ½ turn right x2, rock back kick ball touch

1 2 Rock forward on right, recover on left
3 4 Make ½ turn right, stepping forward on right, ½ turn right stepping back on left
5 6 Rock back on right, recover on left (6:00)
7&8 Kick right forward, step on ball of right beside left, touch right toes forward

Step back, touch x4, hips bumps left, right, left, right

&1&2 Step back on left, touch right toes forward, step back on right, touch left toes forward
&3&4 Step back on left, touch right toes forward, step back on right, touch left toes forward
5 6 7 8 Step left to left side with hips bumps left, right, left, right

Chasse left, rock back, recover, step together, swivel

1&2 Step left to left side, step right beside left, step left to left side
3 4 Rock back on right, recover on left (6:00)
5 6 Step right to right side, step left beside right
7 8 Swivel both heels to right side, swivel back to centre

Restart during wall 2 dance up to 8 counts facing (6:00)

Restart during wall 5 dance up to 8 counts facing (6:00)

Start again and have fun!
