

Mi Alma

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: José Miguel Belloque Vane (NL) & Roy Verdonk (NL) - April 2012
音乐: Mi Alma Se Muere (Chosen Few Remix) (feat. Pitbull & Omega) - Fuego



Intro : 16 Counts After Beat Kicks In.

Side R, Together, Side R, Jump, Side L, Together, Side L, Jump

1-2-3-4 Rf Step To Right, Lf Step Together, Rf Step To Right, Bf Jump On The Spot
5-6-7-8 Lf Step To Left, Rf Step Together, Lf Step To Left, BF Jump On The Spot

Touch Side R, Cross, Touch Side L, Cross, Monterey With 1/2 Turn R, Hitch

1-2 Rf Touch To Right, Rf Step In Front Of Lf
3-4 Lf Touch To Left, Lf Step In Front Of Rf
5-6 Rf Touch To Right, Make 1/2 Turn Right Stepping Rf Together (6 O'clock)
7-8 Lf Touch To Left, Hitch Left Knee In Front Of Right Leg

Heel/Toe/Heel Swivel To Left, Heel/Toe/Heel Swivel To Right

1-2-3-4 Bf Swivel Heels To Left, Bf Swivel Toes To Left, Bf Swivel Heels To Left, Bent Both Knees
5-6-7-8 Bf Swivel Heels To Right, Bf Swivel Toes To Right, Bf Swivel Heels To Right, Stretch Both Knees

(Weight Should End On Rf)

Stationery Step/Touches In Diagonal(With Shoulder Shimmies), 1/4 Turn R With Scuff

1-2 Lf Step Diagonally Forward Left, Rf Touch Back On The Spot
3-4 Rf Step Diagonal Back Right, Lf Touch Heel Diagonal Forward Left
5-6 Lf Step Diagonally Forward Left, Rf Touch Back On The Spot
7-8 Make 1/4 Turn Right Stepping Rf Forward, Lf Scuff Next To Rf (9 O'clock)

(Optional: Shimmy Shoulders On Counts 1-6)

Rock/Recover L, Shuffle With 1/2 Turn L, Rock/Recover R, Shuffle With 1/2 Turn R

1-2 Lf Rock Forward, Recover Onto Rf
3&4 Shuffle L/R/L With 1/2 Turn Left (3 O'clock)
5-6 Rf Rock Forward, Recover Onto Lf
7&8 Shuffle R/L/R With 1/2 Turn Right (9 O'clock)

Step L With 1/4 Turn R, Stomp L/R (2X)

1-2 Lf Step Forward, Make 1/4 Turn Right Step Rf On The Spot (12 O'clock)
3-4 Lf Stomp Next To Rf, Rf Stomp Next To Lf
5-6 Lf Step Forward, Make 1/4 Turn Right Step Rf On The Spot (3 O'clock)
7-8 Lf Stomp Next To Rf, Rf Stomp Next To Lf

Step L Forward, Hold, 1/4 Turn R, Hold, Walk L/R/L, Touch Together

1-2 Lf Step Forward, Hold
3-4 Make 1/4 Turn Right Step Rf On The Spot , Hold (6 O'clock)
5-6 Lf Step Forward, Rf Step Forward
7-8 Lf Step Forward, Rf Touch Next To Lf

Rock R Side/Recover, Cross Behind, Rock L/Recover, Cross In Front, Claps(2X)

1-2 Rf Rock To Right, Recover Onto Lf
3 Rf Cross Behind Lf
4-5 Lf Rock To Left, Recover Onto Rf
6 Lf Cross In Front Of Rf

