

Balançar O Kuduro (Rock The Kuduro)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Sebastiaan Holtland (NL) - October 2012
音乐: Vem Dancar Kuduro (feat. Big Ali) - Lucenzo



16 count intro start dancing (07 Sec).

Sec 1: [1-8] ¼ L, Side, Touch, & Side, Heel, Hold, ¼ L, Side, Touch, & Side, Heel, Hold.

1-2 Turn ¼ left (9) step Rf to the right, touch Lf together.
&3-4 Step Lf to the left, bring R heel forward, Hold.
5-6 Turn ¼ left (6) step Rf to the right, touch Lf together.
&7-8 Step Lf to the left, bring R heel forward, Hold. (6:00)

Sec 2: [9-16] Cross, ¼ R, Back, Side, Step Fwd, Heels Fwd R-L, Back, Hook L.

1-2 Cross Rf over Lf, turn ¼ right (9) step Lf back.
3-4 Step Rf to the right, step Lf slightly forward.
5-6 Step diagonal forward on R heel, step diagonal forward on L heel.
7-8 Step Rf back, Lf hook up across Rf. (9:00)

Sec 3: [17-24] Step, ½ L, Back, Back, Hook R, Step, ½ R, Back, Back, Small Touch Fwd L.

1-2 Step Lf forward, turn ½ left (3) step Rf back.
3-4 Step Lf back, Rf hook up across Lf.
5-6 Step Rf forward, turn ½ right (9) step Lf back.
7-8 Step Rf back, touch Lf slightly forward weight onto Rf. (9:00)

Sec 4: [25-32] L Lock Step, R Knee Lift, Back, ¼ L, Side, Cross, Hold.

1-3 Step Lf forward, lock Rf behind Lf, step Lf forward
4 Lift R knee up.
5-6 Step Rf back, turn ¼ left (6) step Lf to the left.
7-8 Cross Rf over Lf, Hold. (6:00)

Sec 5: [33-40] Side Rock, Recover, Together, Side, L Knee Lift, Syncopated Side Rocks L-R.

1-2 Rock Lf to the left, recover on Rf.
&3-4 Step Lf next to Rf, step Rf to the right, lift L knee up.
5-6 Rock Lf to the left, recover on Rf.
&7-8 Step Lf next to Rf, rock Rf to the right, recover on Lf. (6:00)

Sec 6: [41-48] Together, Side, Hold, Together, Side, Hold, Together, Behind, Step Fwd.

&1-2 Step Rf next to Lf, step Lf to the left, Hold.
&3-4 Step Rf next to Lf, step Lf to the left, Hold.
&5-6 Step Rf next to Lf, rock Lf to the left, recover on Rf.
7-8 Step Lf behind Rf, turn ¼ right (9) step Rf slightly forward.

Sec 7: [49-56] Fwd Rock, Recover, ½ L, Step Fwd, ¼ L, Side, Back Rock, Recover, Step Fwd, Touch.

1-2 Rock Lf forward, recover on Rf.
3-4 Turn ½ left (3) step Lf forward, turn ¼ left (12) step Rf to the right.
5-6 Rock Lf back, recover on Rf.
7-8 Step Lf forward, touch Rf next to Lf. (12:00)

Sec 8: [57-64] Side, Together, Side, Touch, ¼ L, Step Fwd, ½ L, Back, Back, R Touch Fwd.

1-2 Step Rf to the right, step Lf next to Rf.
3-4 Step Rf to the right, touch Lf next to Rf.

Note: (For the counts 57-60 making chest pumps fwd for the Gentleman's and Shimmy Shoulders for the

Woman's).

5-6 Turn $\frac{1}{4}$ Left (9) step Lf forward, turn $\frac{1}{2}$ left (3) step Rf back.

7-8 Step Lf back, touch Rf slightly forward weight onto Lf.

Start again and have fun!

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