

Mexicoma

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Carol Mckee (AUS) - November 2012
音乐: Mexicoma - Bucky Covington : (Album: Good Guys)



Start Dance On The Word 'Water'. Weight On Left - No Tags – No restarts

[1- 8] ACROSS, ROCK BACK, TRIPLE STEP, ACROSS, ROCK BACK, TRIPLE STEP

1, 2, 3 & 4 Step R across L, rock back on L, step R to right side, step L next to R, step R next to L
5, 6, 7 & 8 Step L across R, rock back on R, step L to left side, step R next to L, step L next to R

[9 - 16] FORWARD, ROCK BACK, ½ TURN SHUFFLE, ½ TURN, ½ TURN, TRIPLE STEP

1, 2, 3 & 4 Step R forward, rock back on L, turning 180° right shuffle forward R-L-R
5, 6, 7 & 8 Turn 180° right step L back, turn 180° right step R forward, triple step L-R- L [6]

[17 - 24] FORWARD, ROCK BACK, CHA CHA STEP, BACK, ROCK FORWARD, CHA CHA STEP

1, 2, 3 & 4 Step R forward, rock back on L, cha cha: Step R back, step L forward, step R back
5, 6, 7 & 8 Step L back, rock forward on R, cha cha: Step L forward, step R back, step L forward

[25 – 32] FORWARD, ROCK BACK, ½ TURN SHUFFLE, ½ TURN, ½ TURN, TRIPLE STEP

1, 2, 3 & 4 Step R forward, rock back on L, turning 180° right shuffle forward R-L-R
5, 6, 7 & 8 Turn 180° right step L back, turn 180° right step R forward, triple step L-R-L [12]

[33 – 40] ACROSS, SIDE, SAILOR STEP, ACROSS, SIDE, SAILOR STEP

1, 2, 3 & 4 Step R across L, step L to left side, sailor step R-L-R
5, 6, 7 & 8 Step L across R, step R to right side, sailor step L-R-L

[41 – 48] SAILOR STEP, SAILOR STEP, BACK, ROCK FORWARD, SHUFFLE FORWARD

1 & 2, 3 & 4 Sailor step R-L-R (moving back) sailor step L-R-L (moving back)
5, 6, 7 & 8 Step R back, rock forward on L, shuffle forward R-L-R

[49 – 56] FORWARD, PIVOT, FORWARD, PIVOT, SAMBA STEP, SAMBA STEP

1, 2 Step L forward, pivot 180° right keep weight on R *
3, 4 Step L forward, pivot 180° right keep weight on R
5 & 6 Samba step: step L across R, step R to right side, step L to left side
7 & 8 Samba step: step R across L, step L to left side, step R to right side

[57 – 64] FORWARD, ROCK BACK, COASTER STEP, PADDLE TURN, PADDLE TURN

1, 2, 3 & 4 Step L forward, rock back on R, coaster step L-R-L
5, 6 Paddle turn: step R forward pivot 90° left keeping weight on L
7,8 Paddle turn: step R forward pivot 90° left keeping weight on L

[64] REPEAT THE DANCE IN NEW DIRECTION

***FINISH: DANCE UP TO COUNT 50 THEN ADD**

1 & 2, 3, 4 Shuffle forward L-R-L, step R forward, rock back on L
5 & 6 Coaster step R-L-R

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