

You Are Beautiful

COPPER **KNOB**
BY STEPHEN

拍数: 128

墙数: 2

级数: Phrased Easy Intermediate -
Rumba



编舞者: Nancy Lee (MY) - December 2012

音乐: La Belleza - Marta Sánchez : (Album: Serie Top 10—2004)

Intro : 32 Count - Sequence : A, A, A ,B, A(48),Ending

NOTE: This is a floor-split to Ira Weisburd " Beautiful " High Beginner / Improver to the same music (and same version). Thanks to Ira for bringing us such a beautiful track !

Part A – 64 Count

Section 1 - [1-8] L Hitch Sweep, Step L, R Rock Back, Recover L, R Cross Step Over L, Touch L ¼ R Turn, Spiral Full Turn L (3:00)

- 1-2 L hitch sweep, step L behind R
- 3-4 R rock back, recover on L
- 5-6 Cross step R over L (5), touch L beside R, turning ¼ R (6)(Keeping weight on the right)
- 7-8 Step L Fwd, Spiral Full Turn L (3:00)

(Easy steps for 7-8 : Walk L, Walk R)

Section 2 - [9-16] L Forward, Hold, ¼ L Turn Step R to R, Recover L with Hitch, Cross step R , Hold, Cross Unwind Full Turn R(12:00)

- 1-2 Step L Fwd, hold
- 3-4 Turning ¼ L Step(sway) R to R (3), recover on L and hitch R (4)
- 5-6 Cross step R, hold (12:00)
- 7-8 Cross L over R preparing to do unwind full turn R (7), full turn R(8) , (Keeping weight on the right) (12:00)

Section 3 - [17-24] L Rock Fwd, Recover R, ½ Turn L, Hold, ½ Rumba Box (6:00)

- 1-2 L rock fwd, recover on R
- 3-4 ½ turn L , step L fwd (3), hold (4)
- 5-6 Step R to R, step L together R
- 7-8 Step R fwd, hold (6:00)

Section 4 - [25-32] L Rock Fwd, Recover R, ½ Turn L, Hold, ½ Rumba Box (12:00)

- 1-2 L rock fwd, recover on R
- 3-4 ½ turn L , step L fwd (3), hold (4)
- 5-6 Step R to R, step L together R
- 7-8 Step R fwd, hold (12:00)

Section 5 - [33-40] L Side Rock Recover Cross, Hold, R Side Rock, recover with¼ L turn, Step R Fwd , Hold (9:00)

- 1-4 L side rock, recover on R, cross L over R, hold
- 5-8 R side rock , recover on L with ¼ L turn (6), Step R fwd (7), hold (8) (9:00)

Section 6 - [41-48] Jazz box ¼ L Turn, Hold ,Rumba Walks Fwd(RLR) Hold (6:00)

- 1-4 Cross L over R, ¼ L Turn step back R, rock back L, hold (6:00)
- 5-8 Rumba Walks R,L,R , hold (6:00)

Section 7 - [49-56] Pivot ½ turn R, Step L Fwd , R Low Kick Fwd, R Jazz box Cross (12:00)

- 1-4 Step L fwd, pivot ½ turn R, Step L fwd, R low kick fwd
- 5-8 Cross R over L, step back L, step R to R side, cross L over R (12:00)

Section 8 - [57-64] R Low Kick Fwd, Cross R Over L, Step Back L, ½ Turn R Step R Fwd, Sway L , Hold, R Large Step To R, Drag L Together (6:00)

1-4 R low kick fwd, cross R over L, step back L, ½ turn R, step R Fwd
5-8 Sway L (5), hold (6), R large step to R side (7), drag L together R (8) (6:00)

Part B - (64 Count)

Section 1 - [1-8] Cross Hold, Cross Hold, Hip Sway (L,R,L) , Touch R (6:00)

1-4 L cross step, hold, R cross step, hold
5-8 Sway hips (L,R,L) touch R beside L

Section 2 - [9-16] Cross Point, Cross Point, Pivot ½ Turn L, R Fwd , Hold (12:00)

1-4 R cross over L, L point to L, L cross over R, R point to R
5-8 Step R fwd, pivot ½ turn L, step L fwd, Step R fwd, hold (12:00)

Section 3 - [17-24] L Cross Point, R Cross Point, L Cross Point, R Cross Point

1-4 L cross over R, R point to R, R cross over L, L point to L
5-8 Repeat 1-4

Section 4 - [25-32] Crossing shuffle x 2 , preparing ¼ R turn

1-4 Cross L over R, step R to side, cross L over R, sweep R
5-8 Cross R over L, step L to side, cross R over L ,sweep L (8)preparing ¼ R turn, Weight on R

Section 5 - [33-40] Crossing shuffle x 2 , Sweep Touch L ,preparing ¼ R turn (6:00)

1-4 Cross L over R, step R to side, cross L over R, sweep R (3:00)
5-8 Cross R over L, step L to side, cross R over L , preparing ¼ R turn sweep touch L beside R (8), Weight on R(6:00)

Section 6 - [41-48] Cross Hold, Cross Hold, Hip Sway (L,R,L),Touch R (6:00)

1-4 L cross step, hold, R cross step, hold
5-8 Sway hips (L,R,L) touch R beside L (6:00)

Section 7 - [49-56] Cross Point, Cross Point, Pivot ½ Turn L, R Fwd , Hold (12:00)

1-4 R cross over L, L point to L, L cross over R, R point to R
5-8 Step R fwd, pivot ½ turn L, step L fwd, Step R fwd, hold (12:00)

Section 8 - [17-24] L Cross Point, R Cross Point, L Cross Point, R Fwd , L Drag Towards R (12:00)

1-4 L cross over R, R point to R, R cross over L, L point to L
5-8 L cross over R, R point to R, Step R Fwd, drag L towards R (weight on R) (12:00)

ENDING: ½ TURN RIGHT AND POSE !!!

Enjoy !!!!

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