

Cubano

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: High Intermediate - Cha Cha
编舞者: Niels Poulsen (DK) - February 2013
音乐: A Lo Cubano - Orishas



Intro: 32 counts from first strong beat in music, app. 29 secs into track. Start with weight fw on R

*** 1 restart: On wall 2 (starts facing 3:00), after 16 counts. Restart also happens facing 3:00**

[1 – 9] Recover sweep 1/8 R, R back rock, R step lock step, fw L, 1/2 R, 3 quick rocks

1 – 3 Recover back on L turning 1/8 on L and sweeping R to R side (1), rock back on R (2),
recover fw on L (3) 1:30
4&5 Step fw on R (4), lock L behind R (&), step fw on R (5) 1:30
6 – 7 Step fw on L prepping upper-body slightly L (6), turn 1/2 R on L (weight stays on L) (7) 7:30
8&1 Rock back on R (8), recover fw on L (&), rock back on R (1) Styling: try to push hips back, fw,
back on 8&1 7:30

[10 – 17] Recover fw L, walk R fw, 1/2 L, walk back on L R, 1/8 L, R step lock step

2 – 3 Recover weight fw onto L (2), walk fw on R prepping upper-body slightly R (3) 7:30
4 – 5 Turn 1/2 L on R (weight stays on R) (4), step back on L (5) 1:30
6 – 7 Step back on R (6), turn 1/8 L stepping L next to R (7) 12:00
8&1 Step fw on R (8), lock L behind R (&), step fw on R (1) * Restart wall 2 - 12:00

[18 – 25] 1/4 R into L side rock, together, change weight, step fw L, fw R, 1/2 L, full turn step

2 – 3 Turn a sharp 1/4 R rocking L to L side (2), recover weight onto R (3) 3:00
4&5 Step L next to R (4), change weight to R (&), step fw on L (5) 3:00
6 – 7 Step fw on R (6), turn 1/2 L onto L foot (7) 9:00
8&1 Turn 1/2 L stepping back on R (8), turn 1/2 L stepping fw on R (&), step fw on R (1) (Non-turny
option: do a R lock step fw) 9:00

[26 – 32] Rock L fw, 1/2 shuffle L, rock R fw, syncopated back rocking chair

2 – 3 Rock fw on L (2), recover back on R (3) 9:00
4&5 Turn 1/4 L stepping L to L side (4), step R next to L (&), turn 1/4 L stepping fw on L (5) 3:00
6 – 7 Rock fw on R (6), recover weight back on L (7) 3:00
&&& Rock back on R (&), recover weight fw to L (8), rock fw on R (&) Styling option: when doing
your very last R rock step fw (count &) go up on the ball of R turning whole body 1/8 L. When
starting again on count 1 you turn 1/4 R going down on a flat L foot...) 3:00

BEGIN AGAIN!

Ending Comes on wall 12 (starts facing 6:00). Do section 1 finishing the 3 rocks (facing 1:30).

There are 2 beats left in the music. They happen on counts 2, 3.

Hit these beats doing this: Recover fw on L (2), turn 1/8 L stepping fw on R (4). 12:00

Contact: niels@love-to-dance.dk - www.love-to-dance.dk