

El Amor

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner / Low Intermediate
编舞者: Linda Reese (USA) - February 2014
音乐: El Amor - Tito El Bambino : (Album: El Patron La Victoria - Special Edition)



No Tags Or Restarts

Start the dance after the 4 heavy drum beats at the end of the slower intro music (dance starts about 50 seconds into music).

*Lead in can be shortened to create a 3:31 minute version - Start after the 4 heavy drum beats at the end of the slower intro music, about 15 seconds into music.

Cross, Hold, Side, Cross, Side, Cross, Step Side L, Together, Side, Together, Forward

- 1,2,&3&4 Cross right over left, hold, step left to left side, cross right over left, step left to left side, cross right over left
- 5,6, 7&8 Step left to left side, step right together, step left, right together, step left forward (use lots of hip action)

Forward Cross Step 2X (Prissy Walk), Rock Forward, Recover, Back, Step L Back, Cross R Over L, Back Lock (L,R,L)

- 1,2, 3&4 (Prissy walks) stepping forward cross right over left, cross left over right, rock forward on right, recover on left, step right back slightly
- 5,6, 7&8 Step back on left, cross right over left, step left back, cross right over left, step back on left

Full Turn Right (Rolling Vine), Touch and Bump Hip Up, Side Rock, Recover, Kickball Cross

- 1-4 Step right ¼ turn right, step left ½ turn right, step right ¼ turn right turn, touch left next to right as you bump hip up
- 5,6, 7&8 Rock left to left side, recover on right, kick left forward, step back on ball of left, cross right over left

(Easier option for rolling vine - substitute a grapevine with no turns: 1-4 Step right to right side, step left behind right, step right to right side, touch left next to right as you bump hip up)

Side Rock, Recover ¼ R, Left Lock Forward, 2X Cross Samba

- 1,2, 3&4 Rock left to left side, recover ¼ turn right, step left forward, lock right behind left, step left forward
- 5&6, 7&8 Cross right over left, recover on left, step right to right side, Cross left over right, recover on right, step left to left side

Start again

Contact: paulandlindar@hotmail.com