

Palma De Mallorca

COPPERKNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Jonathan Humphries - September 2014
音樂: Palma de Mallorca - Chris Wolff : (iTunes)



Dance starts on lyrics in main song

SAMBA BASIC, BOTA FOGO ON RIGHT, BOTA FOGO ON LEFT

1&2 Step right forward, close left beside right, close right beside left
3&4 Step left back, close right beside left, close left beside right
5&6 Step right beside left, rock left to left, recover weight onto right
7&8 Step left beside right, rock right to right, recover weight onto left

CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN LEFT

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left to left, step right slightly right
5-6 Cross left over right, step right to right
7&8 Cross left behind right, step right to right, step left into ¼ turn left

STEP, LOCK, RIGHT LOCK STEP, ROCK FORWARD, SHUFFLE ½ TURN LEFT

1-2 Step right forward, lock left behind right
3&4 Step right forward, lock left behind right, step right forward
5-6 Rock forward left, replace weight onto right
7&8 Shuffle ½ turn left stepping left-right-left

SIDE ROCK, BEHIND SIDE, CROSS, SIDE ROCK, BEHIND SIDE FORWARD

1-2 Rock right to right, replace weight onto left
3&4 Cross right behind left, step left to left, cross right over left
5-6 Rock left to left, replace weight onto right
7&8 Cross left behind right, step right to right, step forward left

CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2 Step right to right, close left beside right, step right to right
3-4 Rock back on left, recover weight onto right
5&6 Step left to left, close right beside left, step left to left
7-8 Rock back on right, recover weight onto left

ROCK FORWARD, SHUFFLE ½ TURN RIGHT, STEP PIVOT, LEFT SHUFFLE

1-2 Rock forward on right, recover weight onto left
3&4 Shuffle ½ turn right stepping right-left-right
5-6 Step forward left, pivot ½ turn right
7&8 Step left forward, close right beside left, step left forward

Happy dancing

Contact: highslappincowboy@hotmail.com