

Poco De Salsa

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate - Contra or Line
編舞者: Scott Blevins (USA) - October 2014
音樂: (I Feel Like) Busting Loose - Rebirth Brass Band : (Album: Ultimate Rebirth Brass Band - iTunes)



#32 count intro

Note: Dance starts with lines facing each other.

Line A - X X X X X X

Line B - X X X X X X

[1-8] HEEL, TOUCH, POINT, TOUCH, TRIPLE LEFT, TOUCH, HEEL, TOUCH, POINT, TOUCH, TRIPLE RIGHT

- 1&2& 1) Touch L heel forward; &) Touch L next to R; 2) Point L to left; &) Touch L next to R
3&4& 3) Step L to left; &) Step R next to L; 4) Step L to left; &) Touch R next to L
5&6& 5) Touch R heel forward; &) Touch R next to L; 6) Point R to right; &) Touch R next to L
7&8 7) Step R to right; &) Step L next to R; 8) Step R to right

[9-16] CUMBIA, BEHIND, ¼, ¼, CUMBIA, BEHIND, ¼, ¼

- 1&2 1) Rock L behind R; &) Recover to R; 2) Step L to left
3&4 3) Step R behind L; &) Turn ¼ left stepping L forward; 4) Turn ¼ left stepping R to right
5&6 5) Rock L behind R; &) Recover to R; 6) Step L to left
7&8 7) Step R behind L; &) Turn ¼ left stepping L forward; 8) Turn ¼ left stepping R to right

[17-24] SALSA BASIC, LEFT SALSA TURN, BACK ROCK, RECOVER, FORWARD

- 1&2 1) Rock L forward; &) Recover to R; 2) Step L back
3&4 3) Rock R back; &) Recover to L; 4) Step R forward
5&6 5) Rock L forward; &) Recover to R; 6) Turn ½ left stepping L forward
7&8 7) Turn ½ left rocking back on R; &) Recover to L; 8) Step R forward

[25-32] SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER CROSS, LOCK STEP FWD, CHASE TURN

- 1&2 1) Rock L to left; &) Recover to R; 2) Step L forward/across R
3&4 3) Rock R to right; &) Recover to L; 4) Step R forward/across L
5&6 5) Step L forward; &) Step ball of R to L heel; 6) Step L forward
7&8 7) Step R forward; &) Turn ½ left taking weight on L; 8) Step R forward

Note: On counts (1-6) you will be moving forward and crossing lines. You will pass your partner L shoulder to L shoulder.

Once you have completed the chase turn 7&8, you will be facing your partner again.

[33-40] SALSA BASIC WITH R SIDE ROCK, RIGHT SALSA TURN, BACK ROCK, RECOVER, FORWARD

- 1&2 1) Rock L forward; &) Recover to R; 2) Step L back
3&4 3) Rock R to right; &) Recover to L; 4) Step R next to L
5&6 5) Step L forward; &) Turn ½ right taking weight on R; 6) Turn ½ right stepping L back
7&8 7) Rock R back; &) Recover to L; 8) Step R forward

[41-48] SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, LOCK STEP FWD, CHASE TURN

- 1&2 1) Rock L to left; &) Recover to R; 2) Step L forward/across R
3&4 3) Rock R to right; &) Recover to L; 4) Step R forward/across L
5&6 5) Step L forward; &) Step ball of R to L heel; 6) Step L forward
7&8 7) Step R forward; &) Turn ½ left taking weight on L; 8) Step R forward

Note: On counts (1-6) you will be moving forward and crossing lines. You will pass your partner L shoulder to L shoulder.

Once you have completed the chase turn 7&8, you will be facing your partner again.

[49-56] ANGLE ROCK, RECOVER, BACK, SIDE, CROSS, ANGLE ROCK, RECOVER, BACK, SIDE, CROSS

1,2,3&4 1) Angle body left rocking L forward on an angle; 2) Recover to R; 3) Step L back; &) Step R to right squaring up to 12:00; 4) Step L across R

5,6,7&8 5) Angle body right rocking R forward on an angle; 6) Recover to L; 7) Step R back; &) Step L to left squaring up to 12:00; 8) Step R across L

[57-64] ¼ CROSS, ¼ BACK, BACK, ½ FORWARD, POINT, POINT, POINT, TOUCH

1,2,3,4 1) Turn ¼ left stepping L across R [9:00]; 2) Turn ¼ left stepping R back [6:00]; 3) Step L back; 4) Turn ½ right stepping R forward

5,6,7,8 5) Turn 1/8 right as you point L to left; 6,7) Repeat count 5 two more times; 8) Turn 1/8 right as you touch L next to R [6:00]

Note: On counts (1-4) you will be crossing lines. You and your partner will be almost back to back on 1, you will pass L shoulder to L shoulder as you step back on 2-3, you will be past each other on 4 facing opposite directions.

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