

Catallena

COPPER KNOB
STEPSHEETS

拍數: 112 牆數: 0
編舞者: Pooi Kuan (MY) - September 2014
音樂: Catallena - Orange Caramel

級數: Phrased Easy Intermediate



Dance Start after 32counts.

Sequence: ABC AB TAG AC ABAB

PART A (32 counts)

Section A1: □RF Touch Over LF 3 times, RF Touch to side, Repeat

1 2 3 4 Touch RF Over LF 3 times, RF touch to Side

(Hand mvmt: Both palms below ears -1,2,3, both palms beside waist-4)

5 6 7 8 Touch RF Over LF 3 times, RF touch to Side

(Hand mvmt: Both palms below ears -1,2,3, both palms beside waist-4)

Section A2: □Step Touch, Hold, Sway

1 2 3 4 Step RF to R, Touch LF to L, Hold 2 counts (weight on RF)

(Hand mvmt: Swing both hands above head from L to R ending with L hand near L ear and R hand out to side)

5 6 7 8 & Sway Hip to Left, Right, Left, Right, Step LF on spot (change weight on LF)

(Hand mvmt: Swing Right Hand L,R,L,R)

Section A3: □Repeat Section 1

1 2 3 4 Repeat Section 1- 1,2,3,4

5 6 7 8 Repeat section 1- 5,6,7,8

(Option: Without '&' but straight away step LF on spot on counting 1 then continue 2,3,4)

Section A4: □Step Touch, Hold, Hip Roll clockwise twice

1 2 3 4 Step RF to R, Touch LF to L, Hold 2 counts (weight on RF)

(Hand Mvmt: Imagine holding a crystal ball with both hands and turn the ball in your hands)

5 6 7 8 Roll Hip Clockwise twice (change weight on LF)

PART B (32 counts)

Section B1: □1/4R Turn, Step Kick Step Touch (3.00)

1 2 3 4 1/4R turn step RF forward, Kick LF Forward, Step LF Back, Touch RF behind,

5 6 7 8 Step RF Forward, Kick LF forward, 1/4L Turn Step LF to L, Touch RF beside LF

Section B2: □Step Touch, Back Step Touch (12.00)

1 2 3 4 Step RF Forward, Touch LF to L, Step LF forward, Touch RF to R

5 6 7 8 Step RF Behind, Touch LF to L, Step LF behind, Touch RF to R

Section B3: □1/4L Turn, Step Kick Step Touch (9.00)

1 2 3 4 1/4L turn step RF forward, Kick LF Forward, Step LF Back, Touch RF behind,

5 6 7 8 Step RF Forward, Kick LF forward, 1/4R Turn Step LF to L, Touch RF beside LF

Section B4: □Step Touch, Back Step Touch (12.00)

1 2 3 4 Step RF Forward, Touch LF to L, Step LF forward, Touch RF to R

5 6 7 8 Step RF Behind, Touch LF to L, Step LF behind, Touch RF to R

PART C (32 counts)

Section C1: □Slide, Stomp, Touch & Touch,

1 2 3 4 Slide to Right, Stomp LF beside RF,

5&6& Touch RF forward, Step RF in place, Touch LF forward, Step LF in place,

7&8 Touch RF forward, Step RF in place, Touch LF forward

Section C2: □Slide, Stomp, Touch & Touch,

1 2 3 4 Slide to Left, Stomp RF beside LF,
5&6& Touch LF forward, Step LF in place, Touch RF forward, Step RF in place,
7&8 Touch LF forward, Step LF in place, Touch RF forward

Section C3: □Step, Touch, Step Touch

1 2 3 4 Step RF to Right at the same time touch LF to L, Hold 2,3,4

(Hand Mvmt: Swing both hand to R,L,R,L)

5 6 7 8 Step LF to Left at the same time touch RF to R, Hold 6,7,8

(Hand Mvmt: Swing both hand to R,L,R,L)

Section C4: □Bounce forward, Bounce backward

1&2&3&4 Step RF a-bit forward, Step on ball of LF x3 times, Step RF a-bit forward

5&6&7&8 Step LF a-bit backward, Step on ball of RF x3 times, Step LF a-bit backward

TAG (16 counts)

Section T1: □Diagonal Step Touch/Small Jump

1 2 Step RF forward diagonally, Touch LF beside RF,

3 4 Step LF forward diagonally, Touch RF beside LF,

5 6 Step RF back diagonally, Touch LF beside RF,

7 8 Step LF back diagonally, Touch RF beside LF,

Section T2: □Repeat Section T1

Enjoy!

Contact: Christy_338@yahoo.com
