

Step Into Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner
編舞者: Wanda Heldt (AUS) - July 2015
音樂: Gozar la Vida - Julio Iglesias



No Tags or Restarts for any of the music listed. (1 OR 4 wall) - Have FUN

Alt. music:-

Ex's & Oh's by Elle King [Pop]

40 Shades of Green by Daniel O'Donnell [Slow]

SPLIT FLOOR:- BachataConmigo / Bella's Cha Cha / Tango Del Rio / Wrapped Up

S1. ROCK, RECOVER , CHA CHA R.L.R, ROCK BACK ,RECOVER, BACK, HOLD

1-2 Rock forward on Right, Recover on Left.

3&4 Cha Cha-R.L.R. on the spot.

5-6 Rock back on Left [body at slight Left Diagonal], Recover on Right.

7-8 Rock back on Left, Hold.

[Use your Hips as you Rock back, Recover on Right and on Rock back on Left [Turn head left as you do a slight sit-hold on ct. 8, The Right knee should be bend and with toe on floor]

S2. WALK FORWARD R.L.R. KICK, WALK BACK, L.R.L. TOUCH

1-4 Walk forward R.L.R. Kick Left forward

5-8 Walk back L. R.L. Touch Right next to Left.

S3. RHUMBA BOX

1-2 Step Right to Right side, Step Left next to Right.

3-4 Step back on Right. Hold.

5-6 Step Left to Left side, Step Right next to Left.

7-8 Step forward on Left, Hold. [Wt. on Left foot] *

For a 4 Wall dance....

7-8 * 1/4 Turn Left as you step forward on Left, Hold. [9:00]

S4. CHARLESTON STEPS, POINT SIDE, STEP FORWARD

1-2 Touch Right toe forward, Step Right foot next to Left.

3-4 Touch Left toe back, Step Left foot next to Right.

5-6 Touch Right toe Right side, Slight Step forward on Right.

7-8 Touch Left toe Left side, Slight Step forward on Left.

Repeat..... HAVE FUN IN LIFE & IN DANCE

Choreographed specially for The Balga Seniors & Hazel Rutgrink who helps me in class - from their most Favorite dance steps.!

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