

Easy Alvaro

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Easy Intermediate
編舞者: Robert Fletcher (AUS) & Michelle Palmer (AUS) - July 2015
音樂: All In My Head - Alvaro Estrella : (iTunes)



Intro: 16 Count

S1: Step Right to side, Cross Rock, Replace, Step Left to side, Front, Side, Flick, Side

1 - 3 Step R to Right side, Cross rock L over Right, Rock back on R
4 - 6 Step L to Left side, Touch R toe to front, Touch R toe to side
7 - 8 Flick R back, Touch R to side. □ (12.00)

S2: Rocking Chair, 2 x Walks Around, ¼ Left Triple Step

1 - 4 Rock forward on R, Rock back on L. Rock back on R, Rock forward on L
5 - 6 Make 1/8 turn Left walking forward on R, Make 1/8 turn Left walking forward on L
7 & 8 Turning ¼ turn left stepping: RLR. (6.00)

S3: 2 x Walks Around, ¼ Left Triple Step, Right Jazz Box Cross.

1 - 2 Make 1/8 turn Left walking forward on L, Make 1/8 turn Left walking forward on R
3 & 4 Turning ¼ turn left stepping: LRL (12:00)
5 - 8 Cross step R over Left, Step back on L, Step R to Right side, Step L next to R.

S4: Forward, Replace, Shuffle Back, Back, Replace, Shuffle Forward

1 - 2 Rock R forward, Replace weight on L,
3 & 4 Shuffle back: RLR
5 - 6 Rock L back, Replace weight on R,
7 & 8 Shuffle forward: LRL

S5: Paddle Turn, Paddle Turn, Walk, Walk, Step together, Lift Heels Up and Down

1 - 2 Step R Forward, Turn 90° Left Take Weight on L,
3 - 4 Step R Forward, Turn 90° Left Take Weight on L,
5, 6, 7 Walk R, Walk L, Step R next to left,
& 8 Raise both heels up and Lower both heels to floor. (Weight ends on Left)

RESTART DANCE

To finish the dance – dance up to count 4 and step R next to L.

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