

Paloma Blanca

COPPER KNOB
STEPSHEETS

拍數: 78 牆數: 2 級數: Phrased Improver
編舞者: Lily Cheng (CN) - November 2015
音樂: Paloma blanca by Tianzhen (China)



Intro: 32 counts

Tag1: 8 counts Tag2: 16 counts
Sequence: A/Tag1/AB/Tag2/AB/A(32)B/AB/Ending(8)

Part A: 34 counts

A(1-8)Dig heel X2, Coaster cross, Dig heel X2, Coaster cross

1-2 Dig R heel diagonal(X2)
3&4 Step R back, Step L to L, Cross R over L
5-6 Dig L heel diagonal(X2)
7&8 Step L back, Step R to R, Cross L over R

A(9-16)Forward, Recover, Shuffle, Charleston Step

1-2 Step R forward, Recover on R
3&4 Step R forward, Step L behind R, Step R forward
5-6 Step L forward, Touch R behind L
7-8 Step R back, Touch L over R

A(17-24)Sway L, R, Kick ball change, Rock, Recover

1-2 Step L to L swaying body L,R
3&4 Step L forward, Step R behind L, Step L forward
5&6 Kick R forward, Step R together, Point L to L
7-8 Rock L forward, Recover R

A(25-32)Shuffle, Pivot turn 1/4, Cross, Point, Cross, Point

1-2 1/2 turn L step L forward, Step R behind L, Step L forward
3-4 Step R forward, Pivot 1/4 turn L
5-6-7-8 Cross R over L, Point L to L, Cross L over R, Point R to R

A(33-34)Hitch, Point

1-2 Hitch R, Point R to R

Part B(44 counts):

B(1-8)Vine R, Scuff, Forward, Touch, Forward, Touch

1-2-3-4 Step R to R, Cross L behind over R, 1/2/ turn R stepping R to R, Scuff L forward diagonal
5-6-7-8 Step L forward diagonal, Touch R beside L(Put up L arm, Roll arm front to back), Step R forward diagonal, Touch L beside R(Put up R arm, Roll arm front to back)

B(9-16)Shuffle, Rock, Recover, Back shuffle, Touch, Pivot turn

1&2 Step L forward, Step R behind L, Step L forward
3-4 Rock R forward, Recover L
5&6 Step R back, Step L cross over R, Step R back
7-8 Touch L behind R, Pivot 1/2 turn L

B(17-24)L mambo, R mambo, Vine step, Scuff

1&2 Rock L to L, Recover R, Cross L over R
3&4 Rock R to R, Recover L, Cross R over L
5-6-7-8 Step L to L, Cross R behind over L, 1/2/ turn L stepping L to L, Scuff R forward diagonal

B(25-32) Forward, Touch, Forward, Touch, Shuffle, Rock, Recover

- 1-2-3-4 Step R forward diagonal, Touch L beside R(Put up R arm, Roll arm front to back), Step L forward diagonal, Touch R beside L(Put up L arm, Roll arm front to back)
5&6 Step R forward, Step L behind L, Step R forward
7-8 Rock L forward, Recover R

B(33-40) Back shuffle, Touch, Pivot turn, Sway, Hook

- 1&2 Step R back, Step L cross over R, Step R back
3-4 Touch R behind L, Pivot 1/2 turn R
5&6& Sway L,R,L,R
7-8 Sway L, Sway R with hook L

B(41-44)Sway, Hook

- 1&2& Sway R,L, R,L
3-4 Sway R, Sway L with hook R

Tag1:8 counts**(1-8) Chasse(X4)**

- 1&2 Step R to R, Step L together, Step R to R
3&4 1/4 turn L stepping L to L, Step R together, Step L to L
5&6 Step R to R, Step L together, Step R to R
7&8 1/4 turn L stepping L to L, Step R together, Step L to L

Tag 2: 16 counts**(1-8) Chasse(X4)**

- 1&2 Step R to R, Step L together, Step R to R
3&4 1/4 turn L stepping L to L, Step R together, Step L to L
5&6 Step R to R, Step L together, Step R to R
7&8 1/4 turn L stepping L to L, Step R together, Step L to L

(9-16)Rock, Recover, Coaster step, Rock, Recover, Coaster step

- 1-2 Rock R to R, Recover L
3&4 Step R back, Step L to L, Cross R over L
5-6 Rock L to R, Recover R
7&8 Step L back, Step R to R, Cross L over R

Ending:8 counts

- 1-2-3-4 Step R to R, Cross L behind over R, Step R to R, Touch L beside R
5-6-7-8 1/4 turn L stepping L forward, 1/2 turn L stepping R back, 1/4 turn L stepping L to L, Point R to R

Restart: On Wall 4 of Part A, After 32 counts

Have fun!

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