

Guantanamera

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Beginner
編舞者: Nina Chen (TW) - July 2016
音樂: Guantanamera - CARMEL



Intro: 32 counts

Sequence of dance : 48 32 / 48 32 / 48 32 / 48 48 / 32 32 32 24

S1. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up
5-6,7&8 Step LF to L - Step RF beside LF - 1/4 turn L (9:00) fwd shuffle (L R L)

S2. 1/4 TURN L SIDE - TOUCH - 1/4 TURN R BACK - TOUCH - 1/4 TURN - R SIDE - TOUCH - 1/4 TURN L FWD - TOUCH

1-4 1/4 turn L (6:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn R (9:00) step LF back - Touch RF beside LF lifting right hip up
5-8 1/4 turn R (12:00) step RF to R - Touch LF beside RF lifting left hip up - 1/4 turn L (9:00) step LF fwd - Touch RF beside LF lifting right hip up

S3. SIDE - TOGETHER - SIDE - TOUCH - SIDE - TOGETHER - 1/4 TURN L FWD SHUFFLE

1-4 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF lifting left hip up
5-6,7&8 Step LF to L - Step RF beside LF - 1/4 turn L (6:00) fwd shuffle (L R L)

S4. JAZZ BOX - SIDE - TOUCH - SIDE - TOUCH

1-4 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
5-8 Step RF to R - Touch LF beside RF lifting left hip up - Step LF to L - Touch RF beside LF lifting right hip up

S5. SIDE - BEHIND - SIDE - TOUCH - ROLLING FULL TURN L - TOUCH

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF lifting left hip up
5-8 1/4 turn L step LF fwd (3:00) - 1/2 turn L step RF to R (9:00) - 1/4 turn L step LF to L (6:00) - Touch RF beside LF lifting right hip up

S6: WALK - WALK - WALK - TOUCH - BACK - BACK - BACK - TOUCH

1-4 Walk RF fwd - Walk LF fwd - Walk RF fwd - Touch LF fwd lifting left hip up
5-8 Step LF back - Step RF back - Step LF back - Touch RF beside LF lifting right hip up

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com