

Controlla

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Christa Thomas (USA) - July 2016
音樂: Controlla - Drake



Intro: 16 Counts

[1-8] SALSA FWD, SALSA BACK

1,2,3,4 R Step Fwd (1), Hold (2), L Rock Fwd (3), R Rec (4)
5,6,7,8 L Step Back (5), Hold (6), R Rock Back (7), L Rec (8)

[9-16] STEP FWD, ½ PADDLE TURN RIGHT

1,2, 3,4 R Step Fwd (1), Hold (2), (Beginning ½ Turn) L Step Fwd (3), Pivot 1/8 Turn Right (4)
5,6,7,8 L Step Fw (5), Pivot 1/4 Turn Right (6), L Step Fwd (7), Pivot 1/8 Turn Right (8)

[17-24] SALSA FWD, SALSA BACK

1,2,3,4 L Step Fwd (1), Hold (2), R Rock Fwd (3), L Rec (4)
5,6,7,8 R Step Back (5), Hold (6), L Rock Back (7), R Rec (8)

[25-32] STEP FWD, ¼ PADDLE TURN LEFT

1,2,3,4 L STEP FWD (1), HOLD (2), { Counts 3-8; Turns Total ¼} R STEP FWD (3), TURN LEFT (4)
5,6,7,8 R STEP FWD (5), TURN LEFT (6), R STEP FWD (7), TURN LEFT (8)

[33-40] BODY ROLL, TOE SWITCHES

1,2,3,4 R Step Fwd Beginning Body Roll Pushing Chest Fwd (1-2) Continue Roll Down (3-4)
5,6,7,8 R Toe Touch Fwd (5) R Step Together (6), L Toe Touch Fwd (7), L Step Together (8)

*****Restart Here On Wall 6**

[41-48] CROSS, STEP, TOUCH, STEP, CROSS, STEP, TOUCH, STEP

1,2,3,4 R Cross Over L (1), L Step To Left Side (2), R Touch Fwd (3), R Step Together (4)
5,6,7,8 L Cross Over R (5), R Step To Right Side (6), L Touch Fwd (7), L Step Together (8)

[49-56] PRESS, REC, STEP, PRESS, REC, STEP

1,2,3,4 R Step Side Swaying Shoulder Right (1), Hold (2), L Rec (3), R Step Together (4)
5,6,7,8 L Step Side Swaying Shoulder Left (1), Hold (2), R Rec (3), L Step Together (4)

[57-64] MAMBO ½ TURN, 360 TRIPLE TURN

1,2,3,4 R Rock Fwd (1), L Rec (2), R Step ½ Turn Right Fwd (3), Hold (4)
5,6,7,8 L Step Back ½ Turn Right (5), R Step Fwd ½ Turn Right (6), L Step Fwd (7), Hold (8)

*****RESTART ON WALL 6 AFTER 40 COUNTS**

REPEAT AND ENJOY!!!