

Me Without You (El Perdon)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Lavina Motamedi (CAN) - July 2016
音樂: El Perdón (Mambo Remix) - Nicky Jam & Enrique Iglesias



Music Available on iTunes & amazon.

Intro: 16 counts. Start approximately 10 seconds into the track.

S1: Step Hitch, Scissor Step, Side Rock, Cross Shuffle.

- 1-2 Step R to right side. Hitch L knee up.
3 & 4 Step L to left side. Step R beside L. Cross step L over R.
5-6 Rock R to right side. Recover weight on L.
7 & 8 Cross step R over L. Step L to left side. Cross step R over L. (12:00)

Styling Option:

- 1-2 Reach arms up towards right diagonal fwd as you step to the side. Pull arms down as you hitch the knee up.

S2: Heel Grind Turn, Coaster Step, Turn with Hip Roll X 2.

- 1-2 Touch L heel fwd. With weight on L, grind 3/8 (1/4 + 1/8) turn left stepping R slightly back and to the right. (7:30)
3 & 4 Step L back. Step R beside L. Step L fwd. (7:30)
5-6 Step R to right side and slightly fwd. Roll hips anti clockwise making 1/4 turn left.
7-8 Step R slightly fwd. Roll hips anti clockwise making 1/8 turn left. Finish with weight on L (3:00)

S3: Shuffle Fwd, 1/4 Turn Scissor Step, Walk Fwd X 2, Shuffle Fwd.

- 1 & 2 Step fwd on R. Step L next to R. Step fwd on R.
3 & 4 Turn 1/4 right stepping L to left side. Step R beside L. Cross step L over R.
5-6 Step R fwd. Step L fwd.
7 & 8 Step fwd on R. Step L next to R. Step fwd on R.

S4: Open Jazz Box Turning, Hip Lifts X2, Scissor Step With Styling.

- 1-4 Cross Step L over R. Step R back. Turn 1/4 left stepping L to left side. Turn 1/8 left stepping R fwd. (1:30)
5 & 6 & Touch L toe next to R as you lift L hip upwards. Drop L heel as you lower L hip. Touch R toe next to L as you lift R hip upwards. Drop R heel as you lower R hip. (1:30)
7 & 8 Step L to left side, squaring body to 3 o'clock. Step R beside L. Cross step L over R. (3:00)

Styling Option:

- 7& Step up on balls of the feet.
8 Lower heels and bend knees, moving arms to the left.

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