

La Pompa

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - August 2016
音樂: Mueve la Pompa (feat. Mista'O') - Marki



Intro: 40 Counts (± 22 sec)

S1: Cross & Heel & Touch & Heel & Cross Samba, ¼ R Cross Samba

1&2 Cross R Over L, Step L to L Side, Touch R Heel to R Diagonal
&3 Step Down on R, Touch L Next to R
&4 Step (Slightly Back) Down on L, Touch R Heel to R Diagonal
&5&6 Step Down on R, Cross L Over R, Rock R to R Side, Recover on L
7&8 Cross R Over L with ¼ Turn R, Rock L to L Side, Recover on R

S2: Cross, Side, ½ L Sailor Cross, Side Rock-Cross, Side Rock-Cross, Point

1-2 Cross L Over R, Step R to R Side
3&4 Step L Behind R Turning ½ Turn L, Step R Next to L, Cross L Over R
5&6 Rock R to R Side, Recover on L, Cross R Over L
&7&8 Rock L to L Side, Recover on R, Cross L Over R, Point R to R Side ***Restart Point

S3: Step Fwd, Hitch ½ R, Lock Step Fwd, Full Turn L, Mambo Step

1-2 Step Fwd on R, Turn ½ Turn R on R Hitching L
3&4 Step Fwd on L, Lock R Behind L, Step Fwd on L
5-6 ½ Turn L Step Back on R, ½ Turn L Step Fwd on L
7&8 Rock Fwd on R, Recover on L, Step Back on R

S4: Walk Back with Swivel x2, Reverse Rocking Chair, Walk Back with Swivel x2, Coaster Step

1-2 Step Back on L Swiveling R Toe Out to R, Step Back on R Swiveling L Toe out to L
3&4& Rock Back on L, Recover on R, Rock Fwd on L, Recover on R
5-6 Step Back on L Swiveling R Toe Out to R, Step Back on R Swiveling L Toe out to L
7&8 Step Back on L, Step R Next to L, Step Fwd on L

S5: Cross-Ball-Cross-Ball-Cross-Ball-Cross Turning Full Turn R, Side Step, Point, Kick-Ball-Cross

1&2&3& Cross R Over L, Step on Ball of L to L Side- Repeat another 2 times while Turning Full Turn R
4 Cross R Over L
5-6 Step L Big Step to L Side, Touch R Behind L (option: snap fingers both hands to L side)
7&8 Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

S6: & Touch & Bounce, & Touch & Heel & Step Pivot ½ L, Step Pivot ½ L

&1&2 Step R to R Side, Touch L Next to R, Bump L Hip Up, L Hip Down (weight R)
&3&4 Step L to L Side, Touch R Next to L, Step Back on R, Touch L Heel Fwd
&5-6 Step L Next to R, Step Fwd on R, Pivot ½ Turn L
7-8 Step Fwd on R, Pivot ½ Turn L

Restart: On Wall 3 After 16 Counts (3:00)

Contact: dansenbijria@gmail.com