

Nacho's

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Malene Jakobsen (DK) - September 2016
音樂: Andas En Mi Cabeza (feat. Daddy Yankee) - Chino & Nacho : (iTunes)



Intro: 32 counts, 19 seconds into track, dance begins with weight on L

[1-8] Diagonal fwd., together, shuffle diagonally fwd., cross rock, chasse

1-2 (1) Step R diagonally fwd. R, (2) step L next to R 12.00
3&4 (3)) Step R diagonally fwd. R, (&) step L next to R, (4)) step R diagonally fwd. R 12.00
5-6 (5) Rock L across R, (6) recover onto R 12.00
7&8 (7) Step L to L, (&) step R next to L, (8) step L to L 12.00

[9-16] Cross, side, sailor 1/4, fwd. rock, coaster, cross

1-2 (1) Cross R over L, (2) step L to L 12.00
3&4 (3) Cross R behind L, (&) turn 1/4 R stepping L next to R, (4) step fwd. on R 3.00
5-6 (5) Rock fwd. on L, (6) recover onto R 3.00
7&8 (7) Step back on L, (&) step R next to L, (8) cross L over R 3.00

[17-24] Side rock, behind side cross, half rumba box

1-2 (1) Rock R to R, (2) recover onto L 3.00
3&4 (3) Cross R behind L, (&) step L to L, (4) cross R over L 3.00
5-6 (5) Step L to L, (6) step R next to L 3.00
7&8 (7) Step fwd. on L, (&) step R next to L, (8) step fwd. on L 3.00

[25-32] Fwd. rock, shuffle 1/2, shuffle 1/2, back rock

1-2 (1) Rock fwd. on R, (2) recover onto L 3.00
3&4 (3) Turn 1/4 R stepping R to R, (&) step L next to R, (4) turn 1/4 R stepping fwd. on R 9.00
5&6 (5) Turn 1/4 R stepping to L, (&) step R next to L, (6) turn 1/4 R stepping back on L 3.00
7-8 (7) Rock back on R, (8) recover onto L 3.00

Option: For an easier version if you don't wish or like to turn then just replace the 2 shuffle half turns with 2 shuffles back.

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