

Pasando Los Dias

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Marita Torres (ES) - September 2016
音樂: Passing of the Days - Carole King



**** Dance dedicated to Mercedes ****

STEP FORWARD X 2, MAMBO FORWARD, STEP BACK X 2 MAMBO BACK

1 Step right foot forward
2 Step left foot forward
3 Rock right foot forward
& Recover weight to left foot
4 Right foot next to left
5 Step left foot back
6 Step right foot back
7 Rock left foot back
& Recover weight to right foot
8 Left foot next to right

DIAGONAL LOCK STEP RIGTH & LEFT, LEFT PADDLE FULL TURN

1 Step right foot diagonal forward
& Left foot behind right
2 Right foot diagonal forward
& Scuff left foot
3 Step left foot diagonal forward
& Right foot behind left
4 Left foot diagonally forward
5 Touch right toe forward
& 1/4 turn left on left foot (9:00)
6 Touch right toe forward
& 1/4 turn left on left foot (6:00)
7 Touch right toe forward
& 1/4 turn left on left foot (3:00)
8 Touch right toe forward
& 1 /4 turn left on left foot (12:00)

POINT FORWARD, BACK, COASTER STEP, CROSS, SIDE, WAVE LEFT

1 Point foot right forward
2 Right foot back
3 Left foot back
& Right foot back
4 Left foot forward
5 Cross right foot over left
6 Left foot to the left
7 Right foot behind left
& Left foot to left
8 Right foot over left

ROCK SIDE LEFT, WAVE RIGHT, STEP FORWARD TOUCH - SIDE ¼ TURN TOCH X 2

1 Rock left foot to the left
2 Return weight to right foot
3 Left foot behind right

- & Right foot to the right
- 4 Cross left foot over right
- 5 Right foot forward
- & Touch left foot next to right foot (snaps with arms up)
- 6 Left foot $\frac{1}{4}$ turn left
- & Touch right foot next to left (down arms)
- 7 Right foot forward
- & Touch left next to right foot (snaps with arms up)
- 8 Left to left side with $\frac{1}{4}$ turn
- & Touch right foot next to left (down arms)

TAG: After the 10th wall (6:00) Tag 4 counts

Make 4 claps from left to right while tracing an arc with hands up

Contact: <http://maritatorres-mallorca.com/> - maritatorres@yahoo.es
