

Danca Sol E Mar (Sea & Sun Dance)

COPPERKNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Jaszmine Tan (MY) - November 2017
音樂: Lambada - Kaoma



Intro : 8 count - Restart after 48 count on wall 4

SEC 1 : LAMBADA BASIC STEPS , ¼ TURN L LAMBADA BASIC STEPS

- 1 & 2 Step on R with hip to R, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor)
- 3 & 4 Repeat steps 1&2 starting with the L foot
- 5 & 6 Step on R with hip to R with 1/4 L, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor (9))
- 7 & 8 Repeat steps 1&2 starting with the L foot

SEC 2 : CROSS ROCK R OVER L (2X), CROSS ROCK L OVER R (2X) WITH HIPS

- 1 & 2 Weight on L, cross R diagonal over L, recover, step back on R [moving R hips forward &back]
- 3 & 4 Repeat steps 1 & 2 (end weight on R)
- 5 & 6 Weight on R, cross L diagonal over R, recover, step back on L [moving L hips forward &back]
- 7 & 8 Repeat steps 3 & 4 (end weight on L)

SEC 3 : 1/2 TURNING R, 1/2 TURNING L

- 1 & 2& Make 1/8 turn R step R forward, step L next to R, make a 1/8 turn R, step R forward, step L next to R
- 3 & 4 Make a 1/8 turn R step R forward, step L next to R, make a 1/8 turn R step R forward (3)
- 5 & 6& Make 1/8 turn L step L forward, step R next to L, make a 1/8 turn L, step L forward, step R next to L
- 7 & 8 Make a 1/8 turn L step L forward, step R next to L, make a 1/8 turn L step L forward (9)

SEC 4 : SYNCOPATED ROCK STEP R L, MAMBO R, MAMBO L 1/4 R

- 1 & 2 Press R forward, recover on L, step R next to L
- 3 & 4 Press L forward, recover on R, step on L
- 5 & 6 Rock R to R, recover on L, step R next to L
- 7 & 8 Rock L to L with 1/4 turning R, recover on R, step L next R (12)

SEC 5 : R HIP BUMP, BEHIND SIDE CROSS, L HIP BUMP, BEHIND SIDE CROSS

- 1 & 2 Press R to R with 2 hips bump (weight on L)
- 3 & 4 Cross R behind L, step L to L, cross R over L
- 5 & 6 Press L to L with 2 hips bump (weight on R)
- 7 & 8 Cross L behind R, step R to R, cross L over R

SEC 6 ; HIP ROLL TURNING 3/4 L

- 1 – 8 Weight on L, step R to R and roll hips as you move and turning 3/4 L in 8 count (3)

Restart after SEC 6 on wall 4 (facing 12)

SEC 7 : CROSS ROCK R OVER L, RECOVER, CROSS ROCK L OVER R, RECOVER (2X)

- 1 & 2 Cross R over L, recover on L, step R to R
- 3 & 4 Cross L over R, recover on R, step L to L
- 5 & 6 Cross R over L, recover on L, step R to R
- 7 & 8 Cross L over R, recover on R, step L to L

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