

Gangsta's Paradise

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Aurélie CHACHOUA (FR) & Steffie ROBERT (FR) - December 2017
音樂: Gangsta's Paradise - Coolio : (4:01)



Intro : 16 comptes – quand les paroles commencement

[1-8] R STEP FW, L STEP, R. STEP, MAMBO G, STEP D, STEP G, MAMBO D, L STEP

1-2& Step R Forward, Step L next to R, Step R in place
3&4 Rock L to L Side (option : press L for styling), Recover on R, Step L forward
5& Step R next to L, Step L in place
6&7 Rock R to R side (option : press R for styling), Recover on L, Step R forward
8 Step L next to R (slightly forward)

[9-16] R SHUFFLE BW, L SHUFFLE BW, COASTER STEP, OUT, OUT

1&2-3&4 R triple Step Backward (R, L, R), L Triple Step backward (L, R, L)
5&6 R Coaster Step
7 Step L to L Side "OUT" rolling L knee outward and with a small hip bump
8 Step R to R Side "OUT" rolling L knee outward and with a small hip bump

[17-24] HIP BUMPS, R SAILOR STEP WITH A 1/4 TURN R, L KICK BALL STEP

1-4 Hip Bump to the L x2, Hip Bump to the R, Hip bump to the L
(For counts 1 to 4, free styling to fit with the music)
5&6 R Sailor Step with a ¼ turn R 3:00
7&8 L Kick Ball Step (= Kick L forward, Step ball of L next to R, Step R forward)

[25-32] STEP, ½ TURN R, STEP, R & L CROSS MAMBO, SWAYED ROCK STEP

1&2 Step L forward, ½ turn R (weight on R), Step L forward (* change on last wall) 9:00
3&4 R Cross Mambo (= Rock R to R side, Recover on L, Cross D devant PG) 3:00
5&6 Cross Mambo G (= Rock Step G à G, Revenir PdC sur PD, Cross G devant PD)
7 Step D en arrière en balançant le corps vers l'arrière
8 Revenir PdC sur PG en balançant le corps vers l'avant. (** change on 3rd wall)

TAG/REPEAT – at the end of 2nd wall, repeat the last 16 counts.

Attention : before the tag/repeat, the last count of the 3rd wall change.

**** Transform count 8 with counts &8 : (&) Recover weight on L dragging R toward L, (8) Step R to R side "out"
Then repeat counts 17 to 32 (Hip bumps)**

*** FIN – When the beat of the music stop, you have 16 counts left to do. Keep dancing until the end changing only count 26 (STEP L forward). Instead, you do a ½ tour à R stepping on L backward. The dance will finish at 12:00**

REPEAT

Convention :

R = Right :: L = Left

Fwd = forward :: Bwd = Backward

Contact : iamsteffie3@yahoo.fr - <http://iamsteffie3.wixsite.com/steffie-linedance>

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