

Io Ricomincerei

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Beginner
編舞者: Val Saari (CAN) - March 2018
音樂: Lo Ricomincerei - Nek : (iTunes)



S1: CROSS ROCK/SIDE SHUFFLE, LEFT & RIGHT/ PIVOT 1/4 LEFT

1,2,3&4 Cross RF over LF, Recover LF, Shuffle Right (right-left-right)
5,6,7&8 Cross LF over RF, Recover RF, Shuffle Left (left-right-left pivot 1/4 left)

S2: R JAZZ BOX X 2

1-2 Cross Step RF over L, Step LF back
3-4 Step RF beside L, Step LF together
5-6 Cross Step RF over L, Step LF back
7-8 Step RF beside L, Step LF together

S3: CROSS ROCK/SIDE SHUFFLE, LEFT & RIGHT/ PIVOT 1/4 LEFT

1,2,3&4 Cross RF over LF, Recover LF, Shuffle Right (right-left-right)
5,6,7&8 Cross LF over RF, Recover RF, Shuffle Left (left-right-left pivot 1/4 left)

S4: R JAZZ BOX X 2

1-2 Cross Step RF over L, Step LF back
3-4 Step RF beside L, Step LF together
5-6 Cross Step RF over L, Step LF back
7-8 Step RF beside L, Step LF together

S5: RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

S6: 1/4 PIVOT LEFT X 2, R JAZZ BOX

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)
3-4 Step RF forward, Pivot 1/4 turn left (weight on left)
5-6 Cross Step RF over L, Step LF back
7-8 Step RF beside L, Step LF together

S7: RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

S8: 1/4 PIVOT LEFT X 2, R JAZZ BOX

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)
3-4 Step RF forward, Pivot 1/4 turn left (weight on left)
5-6 Cross Step RF over L, Step LF back
7-8 Step RF beside L, Step LF together

Repeat