

La casa de Cécilia

COPPERKNOB
BY STEPHENETS

拍數: 104 牆數: 0 級數: Phrased Intermediate / Advanced
編舞者: Angéline Fourmage (FR), Maryse Fourmage (FR) & Aëla Fourmage (FR) - July 2018
音樂: My Life Is Going On - Cecilia Krull : (La Casa de Papel OST - amazon)



Sequence : A - A-A - B-C-D - A-A - B-C-D(16) - D
Start : 16 COUNTS

A : 8 Counts

A1[1-8] : Basic Night-Club, Step, Side, Sweep, Behind, Side, Cross, Sweep, Cross, Back ¼ L, Basic Night-Club

1-2& RF to R side, LF behind RF, Cross RF over LF
3-4& LF to L side with R sweep from front to back, Cross RF behind LF, LF to L side
5-6& Cross RF over LF with LF from back to front, Cross LF over RF, Make ¼ L with RF back
7-8& LF to L side, RF behind LF, Cross LF over RF

B : 32 Counts

B1 [1-8] : Kick Ball, Rock Step, Sailor Step, Kick Ball, Rock Step

1&2 R kick FW, RF next to LF, LF to L side
3-4& Recover to RF, LF behind, RF to R side
5-6& LF to L side, R kick FW, RF next to LF
7-8 LF to L side, Recover to RF

B2 [9-16] : Sailor Step, Step FW, Sweep, Jazz Box ½ L

1&2 LF behind RF, RF to the R side, LF to L side
3-4 RF FW with L sweep from back to front, Continue the sweep
5-6 Cross LF over RF, Make ¼ L with RF Back
7-8 Make ¼ L with LF to L, RF next to LF

B3 [17-24] : Kick Ball, Rock Step, Sailor Step, Kick Ball, Rock Step

1&2 L kick FW, LF next to RF, RF to R side
3-4& Recover to LF, RF behind, LF to L side
5-6& RF to R side, L kick FW, LF next to RF
7-8 RF to R side, Recover to LF

B4 [25-32] : Sailor Step, Cross, ¼ L, Sweep, Weave, Rock Step

1&2 RF behind LF, LF to the L side, RF to R side
3-4 Cross LF over RF, Make ¼ L with RF Back with L sweep from front to back
5-6 Cross LF behind RF, RF to R side
7-8& Cross LF over RF, RF to R side, Recover to LF

C : 32 Counts

C1 [1-8] : Cross Samba, Cross Samba, ½ R Diamont

1&2 Cross RF over LF, LF to L side, Recover to RF
3&4 Cross LF over RF, RF to R side, Recover to LF
5&6 Cross RF over LF, LF Back with 1/8 R, RF Back
7&8 LF Back, RF to R side with 1/8 R, LF FW with 1/8 R

C2 [9-16] : Cross Samba 1/8 R, Cross Samba, ½ R Diamont

1&2 Cross RF over LF with 1/8 R, LF to L side
3&4 Cross LF over RF, RF to R side, Recover to LF
5&6 Cross RF over LF, LF Back with 1/8 R, RF Back

7&8 LF Back, RF to R side with 1/8 R, LF FW with 1/8 R

C3 [17-24] : Step side, Step, Step, Step side, Rock Step, Step side, Rock Step, Step side, Step, Step

1&2 Make 1/8 R with RF to the R side, LF next to RF, RF next to LF

3&4 LF to the L side, Cross RF behind LF, Recover to LF

5&6 RF to the R side, Cross LF behind RF, Recover to RF

7&8 LF to the L side, RF next to LF, LF next to RF

C4 [25-32] : Mambo, Together, Mambo, Together, Mambo, Mambo

1&2 RF back, Recover to LF, RF next to LF

3&4 LF back, Recover to RF, LF next to RF

5&6 RF to the R side, Recover to LF, RF next to LF

7&8 LF to the L side, Recover to RF, LF next to RF

D : 24 Counts

D1 [1-8] : Walk, Walk, Mambo, Mambo, Step Turn ½ L

1-2 RF FW, LF FW

3&4 RF FW, Recover to LF, RF back

5&6 LF back, Recover to RF, LF FW

7-8 RF FW, Turn ½ L (weight is on LF)

D2 [9-16] : Walk, Walk, Mambo, Mambo, Step Turn ¼ L

1-2 RF FW, LF FW

3&4 RF FW, Recover to LF, RF back

5&6 LF back, Recover to RF, LF FW

7-8 RF FW, Turn ¼ L (weight is on LF) Restart wall 9h

D3 [17-24] : Jazz-Box, Arm, Step Back

1-2 Cross RF over LF, LF back

3-4 RF to the R side, LF next to RF

5-6 Arm R hand FW, L hand FW

&7-8 Turn your arm with RF back, Push your arm FW, LF next to RF

NOTA : RF = Right Foot , LF = Left Foot , FW = Forward

For the arms, watch the video

Smile and enjoy the dance

Contact : maellynedance@gmail.com
