

La Casa de Papel EZ

COPPER **KNOB**
BY SHEETS

拍數: 80 牆數: 0 級數: Phrased Beginner
編舞者: Maryse Fourmage (FR) & Angéline Fourmage (FR) - August 2018
音樂: My Life Is Going On - Cecilia Krull



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

Start : 16 counts

A : 8 counts

A[1-8] : Basic Night-Club, Basic Night-Club, Step, Sweep, Cross, Back 1/4 L, Slide, Together, Hold

1-2& LF to L side, RF behind LF, Cross LF over RF
3-4& RF to R Side, LF behind RF, RF FW LF
5-6& L Sweep from back to front, Cross LF over RF, Make 1/4 L with RF back
7-8& Slide LF to L side avec Drag R, RF next to LF, Pause (Pour le dernier A : Touch RF next to LF)

B : 32 counts

B[1-8] : Mambo Back, Mambo Back, Mambo Side, Mambo Side

1&2 RF back, Recover LF, RF next to LF
3&4 LF back, Recover RF, LF next to RF
5&6 RF to R Side, Recover LF, RF next to LF
7&8 LF to L side, Recover RF, LF next to RF

B[9-16] : Step to R diagonal, Drag, Touch, Step to L diagonal, Drag, Touch

1-2 RF to R diagonal , Drag LF
3-4 Continue le drag, Touch LF next to RF
5-6 LF to L diagonal, Drag RF
7-8 Continue the drag, Touch RF next to LF

B[17-24] : Mambo Back, Mambo Back, Mambo Side, Mambo Side

1&2 RF back, Recover LF, RF next to LF
3&4 LF back, Recover RF, LF next to RF
5&6 RF to R Side, Recover LF, RF next to LF
7&8 LF to L side, Recover RF, LF next to RF

B[25-32] : Step to R diagonal Back, Drag, Touch, Step to L diagonal Back, Drag, Touch

1-2 RF to R diagonal back, Drag LF
3-4 Continue le drag, Touch LF next to RF
5-6 LF to L diagonal back, Drag RF
7-8 Continue the drag, Touch RF next to LF

C : 16 counts

C[1-8] : Chassé, Stomp, Stomp, Chassé, Stomp, Stomp

1&2 Chassé D (RF to R Side, LF next to RF, RF to R Side)
3-4 Stomp LF next to RF, Stomp RF next to LF
5&6 Chassé G (LF to L side, RF next to LF, LF to L side)
7-8 Stomp RF next to LF, Stomp LF next to RF

C[9-16] : Step R, Step together, Step L, Step together, Step together, Step together, Vine 1/4 R, Step

1-2& RF to R Side, LF next to RF, Step RF next to LF
3-4& LF to L side, RF next to LF, Step LF next to RF
5-6 RF to R Side, LF behind RF
7-8 Faire 1/4 D avec RF to R Side, LF FW

D : 24 counts

D[1-8] : Walk, Walk, Mambo, Mambo, Step turn 1/2 L

1-2 RF FW, LF FW
3&4 RF FW, Recover LF, RF back
5&6 LF back, Recover RF, LF FW
7-8 RF FW, Tourné 1/2 G (poids du corps LF)

D[9-16] : Walk, Walk, Mambo, Mambo, Step turn 1/4 L

1-2 RF FW, LF FW
3&4 RF FW, Recover LF, RF back
5&6 LF back, Recover RF, LF FW
7-8 RF FW, Turn 1/4 L (weight is on LF) Restart

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

1-2 Cross RF over LF, LF back
3-4 RF to 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)

Voir la vidéo pour les bras

Smile and enjoy the dance

Contact : maellynedance@gmail.com
