

Mejor Que El

COPPER KNOB
STEPSHEETS

拍數: 32

牆數: 4

級數: Improver / Intermediate - Latino
Style



編舞者: Karine Moya (FR) - November 2018

音樂: Mejor Que Él - Abraham Mateo

Intro : 21 Seconds

Section 1 : SIDE, TOGETHER, CHASSE, CROSS ROCK STEP WITH HEEL, SIDE ROCK STEP, CROSS, PUSH STEP BACK

- 1 2 Step RF to the R side, Step LF next to R
- 3&4 Step RF to the R side, Step LF next to R, Step RF to the R side
- 5&6& Cross Rock on LF over RF with Heel, Recover on RF, Side Rock on LF to left side, Recover on RF
- 7 8 Cross Step LF over RF, Pushing the Hip Backward Step RF Back

Section 2 : SIDE, VAUDEVILLE KICK X2, SIDE, BEHIND, ¼ TURN L STEP FWD, SIDE, TOGETHER, STEP FWD

- 1&2& Step LF to L side, Cross RF over L, Step LF to L side, Kick R fwd into R diagonal
- 3&4& Step RF to R side, Cross LF over R, Step RF to R side, Kick L fwd into L diagonal,
- 5&6 Step LF to L side, Cross RF behind LF, 1/4 Turn L Step LF Forward
- 7&8 Step RF to the R side, Step LF next to R, Step R Forward

Section 3 : PUSH ROCK STEP BACK, COASTER STEP, PUSH ROCK STEP FWD, MAMBO 1/2 TURN R

- 1 2 Rock back on LF Pushing the Hip Backward, Recover on RF Pushing the Hip Forward,
- 3&4 Pushing the Hip Backward Step LF Back, Step RF beside LF, Step LF Forward
- 5 6 Rock Forward on RF Pushing the Hip Forward, Recover on LF Pushing the Hip Backward,
- 7&8 Rock Forward on RF Pushing the Hip Forward, Recover onto LF, 1/2 Turn Step RF Forward

Section 4 : SIDE MAMBO CROSS, SIDE MAMBO CROSS, ROCKING CHAIR WITH GRIND, MAMBO STEP FWD WITH GRIND

- 1&2 Step LF to L side, Recover on RF, Cross LF over RF,
Optional Arm : Fold L Arm in front of the chest palm open hand facing the public and close your hand as if you wanted to pick an apple & down the arm at the hip L keeping the fist closed, the other hand being at the level of the R hip closed fist
- 3&4 Step RF to R side, Recover on LF, Cross RF over LF
Optional Arm : Fold R Arm in front of the chest palm open hand facing the public and close your hand as if you wanted to pick an apple & down the arm at the hip R keeping the fist closed, the other hand being at the level of the L hip closed fist
- 5&6& Rocking Chair : Rock LF Forward with Heel Grind, Recover on RF, Rock LF Back, Recover on RF
- 7&8 Mambo : Rock LF Forward with Heel Grind, Recover on RF, Step LF beside RF

TAG 1 – 6 Counts : At the End of : Wall 1 (3H00) Wall 4 (12H00), & Wall 6 (6H00)

PADDLE TURN x2 WITH BUMP, CROSS MAMBO, PADDLE TURN WITH BUMP, ¼ TURN R, STOMP

- 1&2& Step Forward on ball of RF, Pivot ¼ Turn left, Step Forward on ball of RF, Pivot ¼ Turn left
Optional Arms : When you do the Paddle, Bend your arms, palms of hands facing the ground, push your hands to the right and return to the center
- 3&4 Cross Step RF over LF with Heel, Recover on LF, RF Close LF
- 5&6 Step Forward on ball of LF, Pivot ¼ Turn right, Pivot ¼ turn right Stomp LF beside RF
Optional Arms : When you do the Paddle, Bend your arms, palms of hands facing the ground, push your hands to the left and return to the center

TAG 2 - 2 Counts : At the End of : Wall 2 (6H00) Wall 5 (3H00) Wall 7 (9H00)

HIP SWAY x2

1 2 Step RF to right side swaying hips Right, Left

ENDING : Big Step to the right

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