

La Paloma Tango

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Intermediate
編舞者: Helaine Norman (USA) - February 2019
音樂: La Paloma - Milton Isejima
或: other bolero rhythm song



Intro: 32 counts - No Tags Or Restarts

Note: Pose in a stance before beginning of dance. End with same stance.
STANCE: Point right side with weight on left, arms out to side.

I. (BE IN STANCE BEFORE BEGINNING) REVERSE WEAVE, POINT; CROSS, POINT, HOLD, IN-OUT

1-2-3 (Posed in stance to begin) Step R behind L, step L side, cross R over L
4 Point L side
5-6 Cross L over R, point R side
7 Hold
&8 Touch R together, touch R side

II. BACK HOLD, BACK HOLD; ROCK RECOVER, STEP, HOLD

1-2 Step R back
3-4 Step L back
5-6 Rock R back, recover on L
7-8 Step R forward, hold

Optional styling for 1-4: Sweeps with steps

III. FORWARD HOLD, FORWARD HOLD; ROCK RECOVER, SWEEP

1-2 Step L forward, hold
3-4 Step R forward, hold
5-6 Rock L forward, recover on R
7-8 Step L back, sweep R side

Optional styling for 1-4: Sweeps with steps

IV. BEHIND, ¼ TURN STEP STEP, FLICK; BEHIND, ½ TURN STEP STEP, FLICK

1-3 Step R behind, 1/4 turn left and step L, step R together (9:00)
4 Flick L behind
5-7 Step L behind, ½ turn right and step R, step L together (3:00)
8 Flick R behind

V. FORWARD HOLD, STEP STEP; BEHIND, ¼ TURN, STEP STEP HOLD (ENDING IN STANCE)

1-2 Step R forward, hold
3-4 Step L back, step R together
5-6 Step L behind, 1/4 turn right and step (with sway) R side (6:00)
7-8 Step L side (with sway), hold (finish posed in the stance)

REPEAT

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