

# This Is The Rhythm

COPPER KNOB  
STEP SHEETS

拍數: 48      牆數: 0      級數: Phrased Easy Intermediate  
編舞者: Laura Bartolomei (FR) & Pim van Grootel (NL) - November 2019  
音樂: RITMO (Bad Boys For Life) - Black Eyed Peas & J Balvin



Sequence : AAB,A 1/2 A Tag1, AAB, AA Tag2, AA

## PART A:

### [1 – 8] WALK 2X IN DIAGONAL, TOE STRUT WITH HIP BUMP, 3/8 TURN WITH SWEEP, WEAVE

- 1 – 2            Step RF forward in R diagonal, Step LF forward 1:30
- 3 – 4            Press ball of RF forward with R hip bump, Step down on RF 1:30
- 5 – 6            Turn 3/8 L stepping LF slightly forward and sweeping RF from back to front, Cross RF over LF 9:00
- 7 - 8&           Step LF to L, Cross RF behind LF, Step LF to L 9:00

### [9 – 16] CROSS ROCKSTEP 2X WITH BODYROLL, STEPTURN5/8, OUT OUT IN CROSS

- 1 - 2            Cross rockstep RF over LF starting bodyroll, Recover on LF and finish bodyroll 7:30
- 3 - 4            Cross rockstep RF over LF starting bodyroll, Recover on LF and finish bodyroll 7:30
- 5 – 6            Step RF forward, Turn 5/8 L stepping slightly forward on LF 12:00
- 7&8&            Step RF out, Step LF out, Step RF in, Cross LF over RF 12:00

### [17 – 24] SAMBA BASIC 2X, TURN 1/4 SIDE, WEAVE, SIDE

- 1-2&            Step RF to R, Step LF on ball together with RF, Cross RF over LF 12:00
- 3-4&            Step LF to L, Step RF on ball together with LF, Cross LF over RF 12:00
- 5                Make 1/4 turn L stepping RF to R 9:00
- 6&7-8           Cross LF behind RF, Step RF to R, Cross LF over RF, Step RF to R 9:00

### [25 – 32] SIDE, 1/4 TURN FORWARD, STEP TURN 1/2, FORWARD, REVERSE PADDLE 3X

- 1-2-3-4        Step LF to L, Turn 1/4 R stepping RF forward, Step LF forward, Turn 1/2 R stepping down on RF 6:00
- 5                Step LF forward 9:00
- 6-7-8           Press ball of RF turning 3/8 R, Press ball of RF turning 3/8 R, Press ball of RF turning 3/8 R 1:30

## PART B:

### [1 – 8] ¼ TURN STEP SIDE WITH SHIMMIES 4X

- 1 – 2            Turn ¼ R stepping R to R with shimmy shoulders, Hold 3:00
- 3 – 4            Turn ¼ R stepping L to L with shimmy shoulders, Hold 6:00
- 5 – 6            Turn ¼ R stepping R to R with shimmy shoulders, Hold 9:00
- 7 – 8            Turn ¼ R stepping L to L with shimmy shoulders, Hold 12:00

### [9 – 16] MAMBO STEPS 3X, RUN 3X, TOUCH

- 1&2            Mambo RF forward, Recover on LF, Step RF together with LF 12:00
- 3&4            Mambo LF backwards, Recover on RF, Step LF together with RF 12:00
- 5&6            Mambo RF to R, Recover on LF, Step RF together with LF 12:00
- 7&8&           Small step LF forward, Small step RF forward, Small step LF forward, Touch RF together with LF 12:00

### TAG 1: Starts facing 6:00, after count 16 of Part A

### [1 – 8] STEP TURN ½, OUT-OUT with arms, IN-IN with arms, JUMP 2X with arms

- 1 – 2            Step RF forward, Turn ½ L stepping on LF 12:00
- 3 – 4            Step RF out with R hand going up in diagonal, Step LF out with L hand going up in diagonal 12:00

- 5 – 6 Step RF in with R hand on the waist, Step LF in with L hand on the waist 12:00  
7 – 8 Jump with both hands going up, Jump with both hands going up 12:00

**TAG 2: Starts facing 12:00**

**[1 – 8] ROCK STEP, OUT-OUT with arms, IN-IN with arms, JUMP 2X with arms**

- 1 – 2 Rock RF forward, Recover on LF 12:00  
3 – 4 Step RF out with R hand going up in diagonal, Step LF out with L hand going up in diagonal  
12:00  
5 – 6 Step RF in with R hand on the waist, Step LF in with L hand on the waist 12:00  
7 – 8 Jump with both hands going up, Jump with both hands going up 12:00
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