

Una Volta Ancora

COPPERKNOB
BY STEPHENETS

拍數: 96 牆數: 2 級數: Phrased Advanced
編舞者: Francisca Pons Estelrich (ES), Coloma Àvila, Isabel Payeras (ES), Francisco Rueda, Joana María Gutiérrez (ES) & Ángela Ribot - November 2019
音樂: Una volta ancora (feat. Ana Mena) - Fred De Palma



Counts: 32 counts A, 32 counts B, 32 counts C, 16 counts TAG, 16 counts B+, 16 counts (bridge B)
Sequence: A A B TAG B+ C A B TAG B+ C B (BRIDGE 17 - 32) TAG B+

PARTE A

(1 - 8) ROCK - COASTER STEP - WALK X2 - OUT OUT IN IN

1 - 2 RF rock forward - recover on LF
3 & 4 step RF back - close LF next to RF - step RF forward
5 - 6 walk forward L - R
& 7 step out to L with LF - step out to R with RF & 8 bring in LB with bring in RB

(9-16) ROCK - CHASE 1/2 - PIVOT TURN 1/2 - SLIDE 1/4 TOGETHER - POINT

1 - 2 LF rock forward - recover on RF
3 & 4 step L side 1/2 - close R behind L - step L side
5 - 6 step RF forward - pivot 1/2 turn placing L weight on RF
7 slide 1/4
& 8 behind L - point R

(17 - 24) TOUCH X2 - SAILOR 1/2 R - TOUCH X2 - SAILOR 1/4 L

1 touch forward RF
2 touch side RF
3 & 4 cross RF behind LF - step LF to L side - step RF to R side 1/2
5 touch forward LF
6 touch side LF
7 & 8 cross LF behind RF - step RF to R side - step LF to L side 1/4

(25 - 32) KICK BALL POINT X2 - PIVOT TURN 1/2 - TOGETHER - POINT X2

1 & 2 RF kick forward - RF ball on floor - LF point side
3 & 4 LF kick forward - LF ball on floor - RF point side
5 - 6 step RF forward - pivot 1/2 turn placing L weight on RF
& 7 behind RF - point LF
& 8 behind LF - point RF

PARTE B

(1 - 8) STEP CROSS DIAGONALLY BACK WARD - SIDE DRAG

1 - 2 step RF over L - step LF diagonal back
3 - 4 step RF diagonal back to R - step LF over R
5 - 6 step RF diagonal back - step LF back diagonal to L
7 - 8 drag RF to L - touch RF with bumps

(9 - 16) DIAGONAL GRAPEVINE - PIVOT TURN X2

1 - 2 step RF diagonal forward to R - step LF over R
3 - 4 step RF diagonal forward to R - LF point side
5 - 6 step LF forward - pivot 1/2 turn left with hitch RF knee
7 - 8 step RF forward - pivot 1/2 turn left with hitch LF knee

(17 - 24) STEP FORWARD X2 - TOUCH X2 - STEP BACK X2 - TOUCH X2

1 - 2 step LF forward - RF touch L

- 3 - 4 step LF forward - RF touch L
- 5 - 6 step RF back - LF touch R
- 7 - 8 step RF back - LF touch R

(25 - 32)STEP FORWARD - TOUCH - STEP BACK - TOUCH - TURN LEFT 1/4 RONDE WITH 1/4 - COASTER STEP

- &1 &2 step LF forward - RF touch L - step RF backward - LF touch R
- &3 &4 step LF forward - RF touch L - step RF backward - LF touch R
- 5 - 6 step LF pivot turn 1/4 (9:00h) - ronde with toe LF with 1/4 turn (12:00h)
- 7 & 8 step LF back - step RF next to L - step LF forward (12:00h)

PARTE B (BRIDGE 17 - 32)

(17 - 24)STEP FORWARD X2 - TOUCH X2 - STEP BACK X2 - TOUCH X2

- 1 - 2 step LF forward - RF touch L
- 3 - 4 step LF forward - RF touch L
- 5 - 6 step RF back - LF touch R
- 7 - 8 step RF back - LF touch R

(25 - 32)STEP FORWARD - TOUCH - STEP BACK - TOUCH - TURN LEFT 1/4 RONDE WITH 1/4 - COASTER STEP

- &1 &2 step LF forward - RF touch L - step RF backward - LF touch R
- &3 &4 step LF forward - RF touch L - step RF backward - LF touch R
- 5 - 6 step LF pivot turn 1/4 (9:00h) - ronde with toe LF with 1/4 turn (12:00h)
- 7 & 8 step LF back - step RF next to L - step LF forward (12:00h)

PARTE B+

(1 - 8) JAZZ BOX 1/4 - STEP 1/4 PIVOT 1/2 TURN L - BACK TOUCH

- 1 - 4 step RF over LF - step LF back R - step RF back L - touch LF beside R with 1/4 (3:00h)
- 5 - 6 step LF with 1/4 (12:00) - pivot 1/2 turn L (6:00h)
- 7 - 8 step LF back - touch RF next to L

(9 - 16) JAZZ BOX 1/4 - STEP 1/4 PIVOT 1/2 TURN L - BACK TOUCH

- 1 - 4 step RF over LF - step LF back R - step RF back L - touch LF beside R with 1/8 (1:30)
- 5 - 6 step RF over LF - step LF back R - step RF back L - touch LF beside R with 1/4 (9:00h)
- 7 - 8 step LF back - touch RF next to L

TAG

(1 - 8) ON ON IN IN - LOW HIP - RISE HIP

- 1 - 4 step RF forward on R - diagonal - step LF forward on L - diagonal - step RF back to centre - step LF touch next to R
- 5 - 8 low hip - rise hip - low hip - rise hip

(9 - 16) ON ON IN IN - LOW HIP - RISE HIP

- 1 - 4 step RF forward on R - diagonal - step LF forward on L - diagonal - step RF back to centre - step LF touch next to R
- 5 - 8 low hip - rise hip - low hip - rise hip

PARTE C

(1 - 8) STEP SIDE WITH PUSHING ARMS - HOLD (X2)

- 1 - 2 step side RF to R with push arms (x2)
- 3 behind RF to LF
- 4 hold
- 5 - 6 step side LF to L with push arms (x2)
- 7 behind LF to RF
- 8 hold

(9 - 16) SWITCHES X2 - TOE HIPS WITH BUMP X2 (X2)

1 - 2 switch RF - switch LF
3 - 4 toe in RF with bump x2
5 - 6 switch LF - switch RF
7 - 8 toe in LF with bump x2

(17 - 24)ROCK FLICK - ROCK HOOK - BACK SHUFFLE X2 - SLIDE TOGETHER

1& rock forward RF - flick LF
2& rock back LF - hook RF
3 & 4 shuffle RF
5 & 6 shuffle LF 7 slide RF back
8 together LF to RF

(25 - 32)BEND KNEE MOVING SIDES ON PLACE (X2)

1 - 2 Bend Knee moving L - Bend Knee moving R
3 - 4 Bend Knee moving L x2
5 - 6 Bend Knee moving R - Bend Knee moving L
7 - 8 Bend Knee moving R x2

WHILE THERE IS MUSIC WE WILL CONTINUE DANCING
