

Woman Power

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Roy Verdonk (NL) & Sebastiaan Holtland (NL) - February 2020
音樂: Te Gusto - Baby Lores & Dayami La Musa : (Single - iTunes)



No Tags Or Restarts.

Introduction: 16 counts, start approx 09 sec.

Part 1. [1-8] Walks Fwd R, L, Step & Swivel, Walks Back R, L, Coaster Step R.

1,2 Walk Rf fwd (1), Walk Lf fwd (2).
3&4 Step Rf fwd (3), Swivel both heels right (&), Swivel both heels back to centre weight onto Lf (4).
5,6 Walk Rf back (5), Walk Lf back (6).
7&8 Step Rf back (7), Step Lf beside Rf (&), Step Rf fwd (8).

Part 2. [9-16] ¼ Step Turn R, Cross Shuffle L, Out Steps R, L (african style), Side Chasse R.

1,2 Lf step forward , make 1/4 turn right Taking weight onto Rf (2). (03.00)
3&4 Step Lf across Rf (3), Step Rf slightly to R (&), Step Lf across Rf (4).
5,6 Step Rf big out to R (5), Step Lf big out to L (6).
7&8 Step Rf to R (7), Step Lf beside Rf (&), Step Rf to R (8).

Part 3. [17-24] L Cross, ¼ Turn L, Back, Side Chasse L, Syncopated Side Points R, L, R, Clap Hands Twice.

1,2 Step Lf across Rf (1), Make ¼ turn L (12.00) step Rf back (2).
3&4 Step Lf to L (3), Step Rf beside Lf (&), Step Lf to L (4).
5&6& Point Rf out to R (5), Step Rf beside Lf (&), Point Lf out to L (6), Step Lf beside Rf (&).
7&8 Point Rf out to R (7), Clap with both hands together twice upper your head (&8).

Part 4. [25-32] Rocking Chair R, 2x 1/8 Pivot Turn L with Hip Actions.

1,4 Rock Rf fwd (1), Recover back onto Lf (2), Rock Rf back (3), Recover back onto Lf (4).
5,6 Step Rf fwd (5), Make 1/8 over L (10.30) taking weight onto Lf (6).
7,8 Step Rf fwd (7), Make 1/8 over L (9.00) taking weight onto Lf (8).

REPEAT DANCE AND HAVE FUN!!

Dance edit, email: smoothdancer79@hotmail.com