

Me Quiero Perder

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Val Saari (CAN) - September 2020
音樂: Me Quiero Perder - Chacal & Tempo



Intro 16 counts, begin on the downbeat

SHUFFLE DIAGONALLY FWD X 2, (RL)

1-2 Step RF diagonally forward right, Step LF forward
3&4 Shuffle forward RLR
5-6 Step LF diagonally forward left, Step RF forward
7&8 Shuffle forward LRL

V-STEP BACK, SYNCOPATED OUT-OUT-IN-IN

1-2 Step RF right, Step LF left,
3-4 Step back RF to centre, Step LF back beside R
&5-6 Step RF back right (&), Step LF left, Hold (5-6) optional shoulder shimmies
&7-8 Step LF right (&), Step RF together, Hold (7-8) optional shoulder shimmies

RF CROSS ROCK, SHUFFLE FWD 1/4 R, HIP BUMPS LR, L HIP CIRCLE/BUMP

1-2 Cross-rock RF over L, LF recover
3&4 Turn 1/4 R and Shuffle forward RLR
5-6 Step LF left and bump hips L,R
7&8 Circle hips left clockwise (7&), Bump hips left (8)

RF CROSS MAMBO CHA CHA CHA, ROCK/RECOVER COASTER STEP

1-2 RF Cross over L, LF Recover weight
3&4 Step RF beside L, Step LF in place, Step RF in place
5-6 LF Rock forward, RF recover
7&8 Step LF back, Step RF beside L, Step LF forward

REPEAT

No tags, no restarts

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