

Panama

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
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音樂: Panama - Matteo



No tag and no restart!

Intro: 8 counts

I. CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR ¼ TURN

1-2 Cross RF over LF, step LF to side
3&4 Cross RF behind LF, step LF to side, step RF to side
5-6 Cross LF over RF, step RF to side
7&8 ¼ Turn L cross LF behind RF, step RF to side, step LF to side (9.00)

II. CROSS, SIDE, CROSS SHUFFLE, ROCK SIDE, SAILOR ¼ TURN

1-2 Cross RF over LF while bend knee, step LF to side
3&4 Cross RF over LF, step LF to side, cross RF over LF
5-6 Rock LF to side, recover on RF
7&8 ¼ Turn L cross LF behind RF, step RF to side, step LF to side (6.00)

III. BOOGIE WALK BACK, COSTER STEP, ½ R FLICK, SHUFFLE

1-2 Step RF back while LF heel in, step LF back while RF heel in
3&4 Step RF back, close LF next to RF, step RF forward
5-6 Step LF forward, ½ turn R step RF in place and flick LF (12.00)
7&8 Step LF forward, step RF next to LF, step LF forward

IV. SIDE, CLOSE, CROSS, CHASSE, ¼ R CHASSE, CROSS MAMBO

&1-2 Step RF to side, close LF next to RF while push body to R, cross RF over LF
3&4 Step LF to side, close RF next to LF, step LF to side
5&6 ¼ Turn R step RF to side, close LF next to RF, step RF to side (3.00)
7&8 Cross LF over RF, recover on RF, step LF to side

Enjoy the dance!

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