

Abre Tu Mente

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Abre Tu Mente - Merche



Intro: 32 Count - No Tag - No Restart

SEC 1: ROCKING CHAIR, ¼ LEFT SIDE, CLOSE, ¼ LEFT BACK, BACKROCK, RECOVER

1-2 Rock R forward (1), Recover on L (2)
3-4 Rock R back (3), Recover on L (4)
5&6 Make ¼ L turn step R to side (5), Step L next to R (&), Make ¼ L turn step R back(6)
7-8 Rock L back (7), Recover on R (8)

SEC 2: ROCKING CHAIR, ¼ LEFT CHASSE, BACK ROCK, RECOVER

1-2 Rock L forward (1), Recover on R (2)
3-4 Rock L back (3), Recover on R (4)
5&6 Make ¼ R turn step L to side (5), Step R next to L (&), Step L to side (6)
7-8 Rock R back (7), Recover on L (8)

SEC 3: SIDEROCK, RECOVER, CROSS SHUFFLE, FORWARD ROCK, RECOVER, ½ LEFT SAILOR STEP

1-2 Rock R to side (1), Recover on L (2)
3&4 Cross R over L (3), Step L to side (&), Cross R over L (4)
5-6 Rock L forward (5), Recover on R (6)
7&8 Make ½ L turn while sweeping L from front to back (7), Step R next to L (8), Step L to side (8)

SEC 4: CROSS ROCK, ¼ RIGHT FORWARD LOCK SHUFFLE, PIVOT ½ RIGHT TURN, ¼ RIGHT TURN LEFT CHASSE

1-2 Cross rock R over L (1), Recover on L (2)
3&4 Make ¼ R turn step R forward (3), Lock L behind R (&), Step R forward (4)
5-6 Step L forward (5), Turn ½ R on R (6),
7&8 Make ¼ R turn step L to side (7), Step R next to L (&), Step L to side (8)

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