

Para Mi Amor

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Improver
編舞者: Dick Rogers (USA) - February 2021
音樂: Don't Need No Reason - Lee Brice



Note: No tags or restarts.

Starting Position: Feet slightly apart, facing wall 12:00

TWIST 1/4 R, SNAP, TWIST 1/2 L, SNAP, DOROTHY FWD X2

1-2 Twist both heels ¼ L and turn body to face ¼ R (1), snap fingers of R hand (2)
3-4 Twist both heel ¼ R and turn body to face ½ L (3), snap fingers of L hand (4)
&5 Transfer weight to LF (&), step RF FWD (5)
6& Lock LF behind RF (6), step RF FWD (&)
7-8& Step LF FWD (7), lock LF behind RF (8), step LF FWD (&)

STEP FWD, ½ TURN L, DOUBLE PIVOT TURN, PUSH BREAK R, PUSH BREAK L WITH ¼ TURN L

1-2 Step RF FWD (1), turn ½ L and transfer weight to LF (2)
3& Pivot ½ L on LF and step back on RF (3), pivot ½ L on RF and step FWD on LF (&)
4& Repeat 3& (4&)

Alternate steps to replace turns: Chained lock steps FWD R, lock L, FWD R, lock L

5-6& Push rock FWD on RF (5), recover on LF (6), step RF beside LF (&)
7-8& Push rock FWD on LF (7), recover on RF (8), step LF beside RF (&)

STEP R, DRAG, STEP L, DRAG, HEEL SWITCH, HEEL SWITCH, TOE SWITCH, HEEL SWITCH

1-4 Slide RF to R (1), ¼ turn L and drag LF to RF and touch (2), slide LF to L (3), drag RF to LF and touch

Styling option: Scoop hip and recover on drag.

5&6& R heel FWD (5), step RF beside LF (&), L heel FWD (6), step LF beside RF (&)
7&8& R toe back (7), step RF beside LF (&), L heel FWD (8), step LF beside RF (&)

COOL SWAGGER WALK FWD, KICK & HITCH, STEP DOWN, KNEE POP TOE STAND, HEELS DOWN

1-4 Step RF FWD (1), step LF FWD (2), step RF FWD (3), step LF FWD (4)

Styling: Lean back slightly and sway hips RLRL with each step. Keep arms straight down and drop the shoulder on the side of each step. Twist upper body fwd on opposite side of step.

5&6 Small kick (or scuff) with RF (5), pull RF back lifting knee slightly to recover (or hitch R knee) (&), step RF beside LF (6)

7-8 Pop both knees FWD and rise up on both toes in a toe stand (7), drop heels of both feet (8)

Styling option for knee pop and toe stand: tip hat, or raise elbows to sides and touch back of neck with both hands.

START OVER

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