

El Habana Cha Cha

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Jesus Pacheco (AUS) - November 2021
音樂: El Habana - JM la Formula



Tag - Restart Section 1 After Wall 11 Drum Beats

Intro: 10 Count

S1. BACK ROCK, CHASSE, FORWARD ROCK, CHASSE STEPS

1-2 R Cross behind L Rock, Recover L Rock
3&4 Chasse- R to R Side, L Beside R, R to R Side
5-6 L Cross over R Rock, Recover R Rock
7&8 Chasse- L to L Side, R Beside L, L ¼ Turn to L Side (9:00)

S2. NEW YORK ½ TURN TO R, ¼ CURVE SHUFFLE TO R AND SAILOR STEPS

1-2 R Step Fwd next to L, Recover L, R ½ Turn to R (3:00)
3&4 ¼ Curve Shuffle to R- R Step Fwd, L Lock behind R, R Step Fwd (6:00)
5&6 Sailor Step- L to L Side, R Cross behind L, L to R Side
7&8 Sailor Step- R to R Side, L Cross behind R, R to L Side

S3. FORWARD, POINT, STOMP, RONDE TO L, COASTER AND SINGLE CUBAN BREAK

1-2& (Or 1&2) L Step Fwd next to R Check, R Point behind L, R Stomp ½ Ronde Turn to L
3&4 Coaster Step- L Cross behind R, R beside L, L Step Fwd (12:00)
5&6 Cuban Break- R Cross over L, Recover, R Diagonal to R Side, Body weight on R Side
7&8 Cuban Break- L Cross over R, Recover, L Diagonal to L Side, Body weight on L Side

S4. R ¼ SIDE TURN AND ½ PIVOT TURN TO L, SHUFFLE, HIP BUMPS

1-2 R ¼ Turn over L (9:00), ½ Pivot Turn to L (3:00)
3&4 Shuffle- R Step Fwd next to L, L Lock behind R, R Step Fwd
5-6 L To L Side, Hip Bumps- L R
7&8 Hip Bumps- L R L

NOTE: R Stands for RF and L Stands for LF (Right or Left Foot). Otherwise, L Side or R Side and L or R Hip Bumps are different.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, ALWAYS!!!

Best regards, Jesus Pacheco - Sydney Australia
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