

Mi Amor! Dancing on Her Own

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Helene Pedersen (NOR) - May 2022
音樂: Dans På Bordet - Ballinciaga & David Mokol



1 tag

(1-8) walk,walk,shuffle,out,out,hipswing,1/4ballstep.

- 1-2 Walk Rf(1),Lf(2).
3&4 Rf step fwd(3), Lf step beside Rf(&), Rf step fwd(4).
&5-7 Lf step to L diagonal(&), Rf step to R diagonal and start moving hip clockwise(5), Continue hipmovement(6), end hipmovement with 1/4R and weight on Lf(7).(3.00)
8& Ball of Rf beside Lf(&), Lf step fwd(8).

(9-16) 1/2sweep,coaster,1/4hitch,side,sway,sway.

- 1-2 1/2L Rf step back and start sweeping Lf front to back(1), continue sweeping Sweeping Lf(2).(9.00)
3&4 Lf step back(3), Rf step beside Lf(&), Lf step fwd(4).
5-6 1/4L hitch Rf(5), Rf step R(6).(6.00)
7-8 Sway R hip R(7), sway L hip L(8).

(17-24) Hipswings,fwd bodyroles with pops.

- 1-2 recover weight to Rf and swing R hip clockwise(1), recover weight to Lf and swing L Anticlockwise(2).
3-4 Repeat 1-2.
5-6 Rf step fwd and start a bodyrole fwd(5), end bodyrole with Lf beside Rf and pop R knee(6).
7-8 Repeat 5-6.

(25-32) Slow bodyrole with a "sit down",hold,11/4box.

- 1-4 Rf step fwd and start bodyrole(1), continue bodyrole(2), end bodyrole with weight on Lf and both knees bend(sit down)(3), hold(4).
5-8 1/4L Rf step R(5), 1/4L Lf step L(6), 1/4L Rf step R(7), 1/2L Lf step fwd(8).(3.00)

4 count Tag at the end of wall 5:

R fist in the air(1-2), Take a shot(3), drink it(4).

Start agin and have fun□□□