

Lola Lolita

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: High Improver
編舞者: Florian ARBELOT (FR) - March 2023
音樂: LOLA LOLITA - Pedro Panama



Intro: 32 counts - no tags no restarts

Section 1: CROSS ROCK – SIDE ROCK – BEHIND SIDE STEP – MAMBO ½ TURN – STEP ¼ TURN CROSS

1&2& Cross Rock R Over L (1) Recover on L (&) Side Rock R to R (2) Recover On L (&)
3&4 Cross R Behind L (3) Step L to L Side (&) Step R Forward (4)
5&6 Rock Mambo L Forward (5) Recover on R (&) ½ turn L Stepping Forward on L (6) (6:00)
7&8 Step Forward on R (7) ¼ Turn L Stepping L to L Side (&) Cross R Over I (8) (3:00)

Section 2: L SAMBA WHISK – R SAMBA WHISK - L VOLTA FULL TURN

1a2 Step L to L Side (1) Rock R behind L (a) Recover on L (2)
3a4 Step R to R Side (3) Rock L Behind R (a) Recover on R (4)
5&6& ¼ turn L Stepping L Forward (5) Lock R behind L (&) ¼ Turn L Stepping L Forward (&) (9:00)
7&8 ¼ Turn L Stepping L Forward (7) Lock R Behind L (&) ¼ Turn L Stepping L Forward (8)
(3:00)

Section 3: R SAMBA WHISK – L SAMBA WHISK – R SIDE – BEHIND ¼ STEP – L ROCK MAMBO STEP

1a2 Step R to R Side (1) Rock L Behind R (a) Recover on R (2)
3a4 Step L to L Side (3) Rock R Behind L (a) Recover on L (4)
5&6&7 Step R to R Side (5) Cross L Behind R (6) ¼ Turn R Stepping R Forward (&) Step L Forward
(7) (6:00)
8&1 Rock Mambo R Forward (8) Recover on L (&) Step R on Back (1)

Section 4: L COASTER STEP- R CROSS SAMBA – L CROSS SAMBA 1/8 TURN – BEHIND – 1/8 TURN L SIDE

2&3 Step Back on L (2) Close R Next to L (&) Step Forward on L (3)
4&5 Cross R Over L (4) Rock L to L Side (&) Recover On R Foot (5)
6&7 Cross L Over R (6) 1/8 Turn L Stepping Back On R (&) Step L Back (7) (4:30)
8& Step R Back (8) 1/8 Turn L Stepping L Side (3:00)

KEEP SMILING ☐

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