

Espresso

COPPER **NOB**
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Flora Petrie (SCO) - April 2024
音樂: Espresso - Sabrina Carpenter
或: September - Earth, Wind & Fire



Alternate Tracks:

September – Earth, Wind & Fire (40 count intro, 0 tags 0 restarts)

Intro: 16 count, start on vocals (approx 00:09)

Section 1: Conga Walk Forward and Back

1 2 - Step forward on R (1), step forward on L (2)
3 4 - Step forward on R (3), point L to L side (4)
5 6 - Step back on L (5), step back on R (6)
7 8 - Step back on L (7), point R to R side (8)

Section 2: Cross, Point, Cross, Point, Rocking Chair

1 2 - Cross R over L (1), point L to L side (2)
3 4 - Cross L over R (3), point R to R side (4)
5 6 - Rock forward on R (5), recover on L (6)
7 8 - Rock back on R (7), recover on L (8)

Section 3: V Step x 2

1 2 - Step R forward to R diagonal (1), step L forward to L diagonal (2)
3 4 - Step R back to centre (3), step L back to centre (4)
5 6 - Step R forward to R diagonal (5), step L forward to L diagonal (6)
7 8 - Step R back to centre (7), step L back to centre (8)

Section 4: Point R, Point L, Monterey ¼ R

1 2 - Point R to R side (1), step R next to L (2)
3 4 - Point L to L side (3), step L next to R (4)
5 6 - Point R to R side (5), step R next to L turning ¼ R (6)
7 8 - Point L to L side (7), step L next to R (8)

Wall 5 - restart after 8 counts/section 1 (12:00)

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