

San Sanana

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Vee Trias (INA) - May 2024
音樂: San Sanana - Anu Malik, Alka Yagnik & Hema Sardesai : (from "Asoka")



Sequence : 48c - 64c - Tag (24c) - 64c - 20c

OPENING DANCE (option: free style)

S1. STEP DIAGONAL FORWARD - TOGETHER - STEP DIAGONAL FORWARD- TOGETHER

1-4 Step R diagonal forward, Step L together, Step R diagonal forward, L together
5-8 Step L diagonal forward, Step R together, Step L diagonal forward, Step R together

S2. STEP BACK - TOUCH

1-4 Step R back, Touch L in place, Step L back, Touch R in place
5-8 Step R back, Touch L in place, Step L back, Touch R in place

S3. BACK ROCK, FORWARD LOCK SHUFFLE, FORWARD ROCK - COASTER STEP

1-2 Rock R back, Recover on R
3-4 Step R forward, Lock L behind R, Step R forward
5-6 Rock L back, Recover on R
7&8 Step L back, R together, Step L forward

S4. PADDLE TURN ¼ LEFT (4x)

1-4 Step R forward, ¼ Turn L with hip roll in transfer weight to L, Step R fwd, ¼ Turn L with hip roll in transfer weight to L
5-8 Step R forward, ¼ Turn L with hip roll in transfer weight to L, Step R fwd, ¼ Turn L with hip roll in transfer weight to L

S5. STEP FORWARD TOUCH - HOLD

1-8 Touch R forward, Hold (Arm free style)

S6. HIPS BUMP

1-4 Bump hips up, Bump hips down (weight on L) Bump hips up, Bump hips down (Weight on L)
5-8 Bump hips up, Bump hips down (weight on L), Bump hips up, Bump hips down (weight on L)

S7. HIPS BUMP

1-8 Repeat S6

MAIN DANCE

S1. TOE STRUTH TO SIDE - ROCK SIDE - RECOVER - CROSS - TOE STRUTH

1-4 Touch R toe to side, Droop R heel in place, Touch L toe cross over R, Droop L heel in place
5-8 Rock R to side, Recover on L, Touch R toe cross over L, Droop R heel in place

S2. TOE STRUTH TO SIDE - ROCK SIDE - RECOVER - CROSS - TOE STRUTH

1-4 Touch L toe to side, Droop L heel in place, Touch R toe cross over L, Droop R heel in place
5-8 Rock L to side, Recover on R, Touch L toe cross over R, Droop L heel in place

S3. ROCK FORWARD - BACK LOCK SHUFFLE (RL) - BACK ROCK - RECOVER

1-2 Rock R forward, Recover on L
3&4 Step R back, Lock L over R, Step R back
5&6 Step L back, Lock R over R, Step L back
7-8 Rock R back, Recover on L

S4. JAZZBOX TURN ¼ RIGHT - STEP DIAGONAL FORWARD - TOUCH

1-4 Cross R over L, Turn 1/4 right step L back, Step R to side, Cross L over R
5-8 Step R diagonal forward, Touch L together, Step L diagonal forward Touch R together

S5. VINE RIGHT - ROLLING VINE FULL TURN LEFT

1-4 Step R to side, Cross L behind R, Step R to side, Touch L to side
5-8 Turn 1/4 left step L forward, Turn 1/2 left step R back, Turn 1/4 left step L to side, Touch R together

S6. V STEP - SIDE - TOUCH BEHIND

1-4 Step R diagonal forward, Step L diagonal forward, Step R back to center, Step L together
5-8 Step R to side, Touch L behind R, Step L to side, Touch R behind L

S7. PUSH HIPS DIAGONAL FORWARD - TOUCH

1-4 Push R diagonal forward, Bump hips to right, Bump hips to left weight on L, Bump hips to right, Touch L together
5-8 Push L diagonal forward, Bump hips to left, Bump hips to right weigh on R, Bump hips to left, Touch R together

S8. WALK BACKWARD - SIDE MAMBO (RL)

1-4 Walk Back R-L-R, Step L together
5&6 Rock R to side, Recover on L, Step R together
7&8 Rock L to side, Recover on R, Step L together

***TAG* : 24c, end of wall 2**

S1. PIVOT TURN ½ LEFT (2x)

1-4 Step R forward, Hold, Turn ½ left step L forward, Hold
5-8 Step R forward, Hold, Turn ½ left step L forward, Hold

S2. CROSS MAMBO (RL)

1-4 Rock R to side, Recover on L, Cross R over L, Hold
5-8 Rock L to side, Recover on R, Cross L over R, Hold

S3. V STEP

1-8 Step R diagonal forward, Hold, Step L diagonal forward, Hold, Step R back to center, Hold, Step L together, Hold

Have fun and happy dancing!
