

Ramona

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Beginner
編舞者: Kusnadi Noviar (INA) - May 2024
音樂: Ramona - The New Diamonds



No Tag, No Restart

Intro: 8 Count, Start on Vocal Ramona

#1 Rumba Box

1-4 Step RF to R side, step LF beside RF, Step RF Forward, Hold
5-8 Step LF to L side, step RF beside LF, Step LF Backward, Hold

#2 Hook, Drop, Syncopated Rocking Chair, Brush

1-2 RF hook over LF, Drop RF fwd
3-7 Rock LF forward(3), Recover RF(4), Rock LF backward(5), Recover RF(6), Rock LF forward(6)
8 Brush RF fwd

#3 K-Step

1-2 Diagonal step forward RF (1.30), Touch LF beside RF.
3-4 Diagonal step back LF. (7.30), Touch RF beside LF
5-6 Diagonal step back RF (4.30), Touch LF beside RF.
7-8 Diagonal step forward LF (10.30), Touch RF beside LF

#4 R-Kick x2, Coaster Step, L-Kick x2, Coaster Step

1-2 Kick RF fwd, Kick RF to R side
3&4 RF step backward (3), LF step next to RF (&), RF step forward (4)
5-6 Kick LF fwd, Kick LF to L side
7&8 LF step backward (7), RF step next to RF (&), LF step forward (8)

#5 Lindy Chasse with Back Rock-Recover (R/L)

1&2 On balls of RF-small chasse to R side-Step RF to R side(1), close LF to RF(&), Step RF to R side(2)
3-4 LF back rock, Replace/Recover RF
5&6 On balls of LF-small chasse to L side-Step LF to L side, close RF to LF, Step RF to R side
7-8 RF back rock, Replace/Recover LF

(Lindy styling are small bouncy chasses)

#6 Chug/Paddle Turn 1/8 to L x4

1-2 Press RF to R side (1), turn 1/8 L weight on LF- while rolling hips to the left (2) (Make 1/8 L turn, Chug/Paddle RF going forward, weight on LF- while rolling hips to the left) (10.30)
3-4 Repeat to (9.00)
5-6 Repeat to (7.30)
7-8 Repeat to (6.00)

#7 Jazz Box ¼ R-Turn, Monterey ¼ R-Turn, Monterey

1-2 Cross RF Over LF, Stepping LF Back
3-4 Step RF to R side, Close LF Next to RF (9.00)
5-6 Touch RF to R side (5), ¼ Turn R-slide RF to meet LF (6) (12.00),
7-8 Touch LF to L side (7), slide RF to meet RF (8)

#8 Heel Stand x2

- 1-2 Step RF Fwd Diag R- weight on R heel, Step LF to L side- weight on L heel
- 3-4 Step RF Back to Centre, Closed LF Next to RF
- 5-8 Repeat as 1-2
- 7-8 Repeat as 3-4

Its Heel Stand is V-Step with Heel Out-Out

Note:

On wall 2 the music goes 'silent' for part of set.... You change part of 1-4 till the normal beat again, ...it picks back up, keep dancing.

Do this part on #8

Stomp, Heel-Toe, Heel Stand

- 1 Stomp RF to R side(5)-as you stomp RF- you may raise both arms up at head height palm up for a while (weight on RF)
- 2-4 R Heel in, R Toe In,R Heel In
- 5-6 Step RF Fwd Diag R- weight on R heel, Step LF to L side- weight on L heel
- 7-8 Step RF Back to Centre, Closed LF Next to RF

Enjoy the dance

PASSIONS, HAPPY & HEALTHY DANCE

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