

# 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**

**kusnadi4@gmail.com**

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