

Parachutes

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Rob Williams (USA) - July 2024
音樂: Paracaídas - Brytiago, Akon & Maffio



INTRO: 32 counts (approx. 16 sec after track starts)

There are no tags. No restarts.

Sec 1: WALK FWD X 2, R MAMBO, WALK BACK X 2, L MAMBO

1-2 Walk fwd stepping R, L
3&4 Rock R to right, Lift and recover weight on L, Step R next to L
5-6 Walk back stepping L, R
7&8 Rock L to left, Lift and recover weight on R, Step L next to R

Sec 2: STEP R, TOGETHER, R ROCK & CROSS, STEP L & R SWAYING HIPS

1-2 Step R to R, Step L next to R
3&4 Rock R to R, Recover on L, Cross R over L
5-6 Sway hips to left as you step L to L (5) and touch R next to L (6)
7-8 Sway hips to right as you step R to R (7) and step L next to R (8)

OPTION: Absolute beginners may opt to step side to side (5-8) without swaying hips

Sec 3: R TO SIDE WITH ¼ R TURN, ¼ R PIVOT, ROCK BACK, RECOVER, FWD, CROSS, SIDE, ROCK BACK, RECOVER, FWD

1-2 Step R to R with ¼ right turn (3:00), Pivot ¼ right on R foot (6:00)
3&4 Rock R back, Lift and recover weight on L, Step R next to L
5-6 Cross L over R, Step R to R
7&8 Rock L back, Lift and recover weight on R, Step L next to R

Sec 4: TOUCH R FWD, STEP R BACK, ROCK BACK, RECOVER, L FWD, FOUR SMALL STEPS MAKING ¼ L TURN

1-2 Touch R fwd, Step R back
3&4 Rock L back, Lift and recover weight on R, Step L fwd
5-8 Walk four small steps RLRL making ¼ left turn shifting weight and swaying hips side to side

OPTION: You may choose to simply Touch L back (3), Step L fwd (4).

Absolute beginners may opt to make the four small turning steps (5-8) without swaying hips

[REPEAT SEC 1-4]

ENDING: The final (10th) wall starts facing 3:00. If desired, you may take larger turning steps in Sec 4 making a ¾ left turn to end facing 12:00.

Please remember to comment and rate your favorites.
Have fun!

Last Update: 27 Jul 2024