

Andamento Lento

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Uli Elfrida (INA) - July 2024
音樂: Andamento lento - Lina Maddaloni



Section 1 : Walk Forward, Right Mambo, Walk Forward, Left Mambo

1 2 Step R forward, step L forward
3 & 4 Rock R to right side, recover on L, step R together
5 6 Step L forward, step R forward
7 & 8 Rock L to left side, recover on R, step L together

Section 2 : Pivot 1/2L Twice, Cross, Side, Cross Shuffle

1 2 Step R forward, pivot 1/2 turn left (facing 6.00)
3 4 Step R forward, pivot 1/2 turn left (facing 12.00)
5 6 Cross R over L, step L to left side
7 & 8 Cross R over L, step L to left side, cross R over L

Section 3 : L Samba Whisk, R Samba Whisk, 1/4L Fwd, 1/4L Fwd, 1/4L Fwd Shuffle

1 2 & Step L to left side, rock R behind L, recover on L
3 4 & Step R to right side, rock L behind R, recover on R
5 6 1/4 turn left stepping L forward (facing 9.00) 1/4 turn left stepping R forward (facing 6.00)
7 & 8 1/4 turn left stepping L fwd, step R next to L, step L fwd (facing 3.00)

Section 4 : R Cross Samba, L Cross Samba, Kick Ball Step, Sway

1 & 2 Cross R over L, rock L slightly to left side, recover on R
3 & 4 Cross L over R, rock R slightly to right side, recover on L
5 & 6 Kick R forward, step R in place, step L together
7 8 Sway R - L

Happy Dancing!

Contact : ulielfridaksp@gmail.com