

Keep On Moving (Echa Pa'lante)

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jennifer Pasley-Smith (USA)
音樂: Echa Pa' Lante - Thalía



To make the dance fit "Time For Letting Go", do 4 hips (r-l-r-l) at the end of 3rd wall

SIDE STEP FORWARD, ROCK, RECOVER, LEFT CHA-CHA-CHA, ROCK BACK, RECOVER, RIGHT CHA-CHA ¼ STEP RIGHT

All side steps with Cuban motion - bend knee of leg taking step which "raises" opposite hip

- 1 Side step right
- 2 Step left foot forward
- 3 Step right foot in place
- 4&5 Step left foot to left, step right foot beside left, step left foot to left
- 6-7 Rock back onto right, step left foot in place
- 8&9 Step right foot to right, step left foot beside right, step right foot into ¼-turn right

½-PIVOT RIGHT, ½ TURNING TRIPLE STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD INTO ¼-TURN RIGHT

- 10-11 Step left foot forward, pivot ½-turn to right and shift weight to right foot
- 12&13 Turn ½-turn to right while stepping left, right, left
- 14-15 Rock back on right foot, step left foot in place
- 16&17 Step right foot to right, step left foot beside right, step right foot into ¼-turn right

½-PIVOT RIGHT, SHUFFLE FORWARD, ½-PIVOT LEFT, BALL-CHANGE-CROSS INTO ¼-TURN LEFT

- 18-19 Step left foot forward, pivot ½-turn to right and shift weight to right foot
- 20&21 Step left foot forward, step right foot slightly behind left, step left foot forward
- 22-23 Step right foot forward, pivot ½-turn to left and shift weight to left foot
- 24&25 Step right foot forward, pivot ¼-turn left and step left in place, cross (step) right foot in front of left

SIDE BALL-CHANGE-TURN ¼ LEFT, SIDE BALL-CHANGE-CROSS, SIDE BALL- CHANGE-TURN ¼ LEFT, SIDE BALL-CHANGE

- 26&27 Step left foot to left side, step right foot in place, pivot ¼-turn to left and cross (step) left foot behind right
- 28&29 Step right foot to right, step left foot in place, cross (step) right in front of left
- 30&31 Repeat steps 26&27
- 32& Step right foot to right, step left foot in place

Right foot is already in place to begin the dance again. Just step right in place instead of bringing right farther to right.

REPEAT