

La Camisa (The Shirt)

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Maria Louise (UK)
音樂: La Camisa Negra - Juanes



WALK TWICE, FORWARD MAMBO, FULL TURN, SAILOR ¼ TURN

1-2 Walk forward right, left
3&4 Rock forward right, recover on left, step slightly back on right
5-6 Make ½ turn left step forward left, make ½ turn left step back right

Easy option: walk back left, right

7&8 Sweep left and step behind right, make ¼ turn left step right next to left, step left to left side (9:00)

ROCK AND STEP, ROCK AND ¼ TURN, STEP, PIVOT ½, ¼ ROCK AND CROSS

1&2 Rock right across left, recover on left, step right to right side
3&4 Rock left across right, recover on right, make ¼ turn left step forward on left (6:00)
5-6 Step forward right, pivot ½ turn left (12:00)
7&8 Keep turning make ¼ turn left rock right to right side, recover on left, cross right over left (9:00)

CHASSE, WEAVE, CHASSE, SAILOR ¼ TURN

1&2 Chasse left stepping left, right, left
Optional: make ¼ turn right step back on left, make ½ turn right step forward on right, make ¼ turn right step left to left side
3&4 Step right behind left, step left to left side, cross right over left
5&6 Chasse left stepping left, right, left
7&8 Step right behind left, make ¼ turn right step left next to right, step forward right (12:00)

LOCKING SHUFFLE, FULL TURN, LOCKING SHUFFLE, FORWARD MAMBO

1&2 Step forward left, lock right behind left, step forward left
3-4 Make ½ turn left step back on right, make ½ turn left step forward on left (12:00)

Easy option: walk forward right, left

5&6 Step forward right, lock left behind right, step forward right
7&8 Rock forward left, recover on right, step left next to right with weight

Restart from here on wall 5, facing the front

ROCK RECOVER TWICE, WEAVE, ROCK RECOVER TWICE, MODIFIED SAILOR ¼ TURN

1&2& Rock forward right, recover on left, rock right to right side, recover on left
3&4 Step right behind left, step left to left side, cross right over left
5&6& Rock forward left, recover on right, rock left to left side, recover on right
7&8 Step left behind right, make ¼ turn right step forward right, step forward left (3:00)

REPEAT

RESTART

Restart after 32 count on wall 5 facing the front