

La Noche

COPPER **NOB**
STEPSHEETS

拍數: 64 牆數: 2 級數:
編舞者: Geri Morrison (UK)
音樂: Toda La Noche - JMP



STEP SLIDE CROSS, RIGHT CHASSE ¼ TURN, ¼ TURN ROCK & CROSS, TOUCH & CROSS

1&2 Step left to left side, slide right to left, cross left over right
3&4 Step right to right, bring left next to right, step right ¼ turn right
5&6 Step left ¼ turn right, recover weight on right, cross left over right
7&8 Touch right next to left, step right next to left, cross left over right (6:00)

STEP SLIDE CROSS, LEFT CHASSE ¼ TURN, ¼ TURN ROCK & CROSS, TOUCH & CROSS

1&2 Step right to right, slide left to right, cross right over left
3&4 Step left to left, bring right next to left, step right ¼ turn left
5&6 Step right ¼ turn left, recover weight on left, cross right over left
7&8 Touch left next to right, step left next to right, cross right over left (12:00)

SHUFFLE ¼ TURN, TOUCH & SWIVEL, KICK & CROSS & CROSS, POINT

1&2 Step left to left, bring right beside left, step left forward making ¼ turn left
3&4 Touch right in front of left, swivel both heels right, then center, (weight left)
5&6 Kick right forward, step right next to left, cross left over right
&7 Step right to right, cross left over right
8 Point right to right side

MONTEREY TURN, & POINT & POINT, ¼ TURN HIP BUMP, ½ TURN SHUFFLE

1-2 Bring right beside left make ½ turn right, bring right next to left point left to left side
&3 Bring left next to right, point right to right
&4 Bring right next to left, point left to left
5&6 Make ¼ turn left touch left toe forward pushing hips forward, push hips back, push hips forward (taking weight left)
7&8 Make ½ turn left shuffling back right, left, right, (6:00)

ROCK & KICK & POINT STEP, PIVOT TURN STEP RIGHT, UNWIND ¾ LEFT

1&2 Rock back on left, recover weight on right, kick left forward
&3 Bring left next to right, point right to right side
4 Step forward on right
5&6 Step forward on left, pivot ½ turn right (transferring weight on right) step forward on left
7-8 Cross right over left, unwind ¾ turn left (weight on right) (3:00)

HIP BUMPS FORWARD, TRIPLE FULL TURN, WALK BACK LEFT RIGHT, COASTER STEP

1&2 Touch left toe forward bump hips forward, bump hips back, bump hips forward, (taking weight left)
3&4 Triple full turn left stepping right, left, right, (on the spot) option forward coaster step
5-6 Step back left, then right
7&8 Left coaster step, (3:00)

LEFT ¼ TURN RIGHT CHASSE, LEFT ¼ TURN LEFT CHASSE, LEFT ¼ TURN RIGHT CHASSE, LEFT ¼ TURN LEFT CHASSE

1&2 Make ¼ turn left stepping right, left, right, (chasse ¼ turn)
3&4 Make ¼ turn left stepping left, right, left
5&6 Make ¼ turn left stepping right, left, right
7&8 Make ¼ turn left stepping left, right, left, (completing square box)

ROCK BACK RECOVER, BEHIND SIDE IN FRONT, PIVOT ½ TURN LEFT, CHASSE ¼ TURN

- 1&2 Rock back on right, recover weight on left, step right to right
3&4 Step left behind right, step right to right, cross left over right
5-6 Step forward on right, pivot ½ turn left, (transferring weight left)
7&8 Make ¼ turn left stepping right to right, bring left beside right, step right to right, (small steps)
(6:00)

REPEAT
