

A Little Bit Of This

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Pepper Siquieros (USA)
音樂: The Game of Love (feat. Michelle Branch) - Santana



TOUCH SIDE-TOGETHER, CHA-CHA SIDE RIGHT, MAMBO STEP FORWARD, MAMBO STEP BACK

1-2 Point right toe out to right side, touch right toe next to left instep
3&4 Step right to right side, step left next to right, step right to right side
5&6 Rock forward on left foot, recover weight back to right foot, step left foot slightly back
7&8 Rock back on right foot, recover weight forward to left foot, step right foot slightly forward

STEP, PIVOT ½, LOCK STEP FORWARD, ¾ BALL STEP (MERINGUE) TURN

1-2 Step forward on left foot, pivot ½ turn to right (weight right)
3&4 Step forward on left foot, step right foot up behind left foot, step forward on left foot
&5 Turn slightly to left as you step out on ball of right foot, keep rotating to left as you rock weight onto left foot
&6&7&8 Repeat counts &5 three times to complete a ¾ turn to the left

Arm styling: for the meringue turn put your left hand on your hip or bent at the elbow and palm on your stomach and hold the right arm out to the right side

CUMBIA (MACHETE') ROCK STEPS, SHUFFLE ½ TURN, ROCK STEP

1-2 Step right foot forward bending down slightly as you put weight on it and sweep right arm down as if cutting grass with a machete' imagine you are drawing a backwards letter "C" from top to bottom (1), sweep arm up and over head as you rock weight back to left foot (2)
3-4 Rock back on right foot opening body up almost ½ turn right while looking behind you and swing arm back tracing a letter "C" drawn on the ceiling from bottom to top (3), turn body ½ turn left to face forward as you rock weight forward onto left foot and swing arm down (4)
5&6 Make ½ turn to the left as you shuffle right, left, right
7-8 Rock back on the left foot, recover weight forward to the right

SHUFFLE ½ TURN, ROCK STEP, SIDE ROCK & STEP FORWARD, SIDE ROCK & STEP FORWARD

1&2 Make ½ turn to the right as you shuffle forward left, right, left
3-4 Rock back on right foot, recover weight forward to left foot
5&6 Rock to right side on right foot, recover weight onto left foot, step forward on right foot
7&8 Rock to left side on left foot, recover weight onto right foot, step forward on left foot

REPEAT