

Mama's Cinderella

COPPER KNOB
BY SHEETS

拍數: 0 牆數: 0 級數:
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音樂: Cinderella - i5



Sequence: AB B(16) ABB B(32) BB

PART A

SIDE, TOGETHER, FORWARD SHUFFLE, SIDE TOGETHER, BALL-STEP SHUFFLE ¼ TURN LEFT

- 1-2 Step right to right side, step left beside right (emphasize on count 1 with a deliberate step to right and swinging both your hands from left to right)
3&4 Step right forward, step left beside right, step right forward
5-6 Step left to left side, step right beside left
7&8 Ball-step left to left, ball-step right beside left, make a ¼ turn left stepping left forward

FORWARD, PIVOT ¾ TURN LEFT, HIP SWAY, SHUFFLE ¼ TURN RIGHT, FORWARD, ½ TURN RIGHT-RIGHT KICK

- 1-2 Step right forward, make a ¾ turn left with weight on the left
3-4 Rock right to right side swaying your hips to the right, recover weight on left swaying your hips to the left
5&6 Step right to right side, step left beside right, make a ¼ turn right stepping right forward
7-8 Step left forward, make a ½ turn right on left foot with a right kick

BACK ROCK, RECOVER, FORWARD SHUFFLE, KICK-STEP-POINT, KICK-STEP-STEP

- 1-2 Rock right to the back, recover weight on left
3&4 Step right forward, step left beside right, step right forward
5&6 Low kick left foot forward, step left beside right, point right toe slightly in front
7&8 Low kick right foot forward, step right beside left, step left forward

¼ TURN-POINT, ¼ TURN-POINT, CROSS, SIDE, ROCK BEHIND, RECOVER, SIDE, BEHIND, SIDE, CROSS

- 1-2 Make a ¼ turn left on left pointing right toe to right side, repeat
3-4 Step right across left, step left to left side
5&6 Rock right behind left, recover weight on left, step right to right side
7&8 Step left behind right, step right to right side, step left across right

¼ TURN RIGHT, ¾ TURN SWEEP STEP, RIGHT SIDE MAMBO, LEFT COASTER STEP, KICK-TOGETHER-POINT

- 1-2 Make a ¼ turn right stepping right forward, make a ¾ turn right on right foot sweeping left toe in round and step left beside right
3&4 Rock right to the right side, recover on left, step right beside left
5&6 Step left back, step right beside left, step left forward
7&8 Kick right forward, step right beside left, point left toe to left side

PIVOT ¼ TURN RIGHT, CROSS, SIDE, BEHIND, ¼ TURN LEFT, BEHIND, SIDE, CROSS, ¼ TURN LEFT, CROSS SHUFFLE

- 1-2 Step left forward, pivot ¼ turn right
3&4 Step left across right, step right to right side, step left behind
5&6 Make a ¼ turn left stepping right behind left, step left to left side, step right across left
7&8 Make a ¼ turn left stepping left across right, step right to right side, step left across right

Styling option: from count 3&4, then 5&6, then 7&8, in between them, there is the feeling of "hold". Emphasize it

PART B

KICK-BALL-CHANGE (2X), POINT, TOGETHER, POINT, TOGETHER, HEEL TAP, TOGETHER, TOE BACK, ½ TURN LEFT, TOGETHER

- 1&2 Kick right diagonally right forward, back-step right beside left, step left forward
- 3&4 Repeat count 1&2
- 5&6& Point right toe to the right, step right beside left, point left toe to the left, step left beside right
- 7&8& Right heel tap to the front, step right beside left, left toe touch to the back, make a ½ turn left stepping left beside right

POINT SIDE, POINT BACK, FORWARD SHUFFLE, ROCK, ¼ TURN LEFT, SIDE, KNEE ROLL WALK, TOGETHER

- 1-2 Point right toe to right side, point right toe back
- 3&4 Step right forward, step left beside right, step right forward
- 5&6 Rock left forward, make a ¼ turn left recover weight on right, step left to the left side
- 7-8 Step right diagonal right forward roll the knee out, step left beside right

DIAGONAL SHUFFLE BACK RIGHT, DIAGONAL SHUFFLE BACK LEFT, SIDE ROCK, BACK ROCK, SIDE, BEHIND, SIDE, CROSS

- 1&2 Step right diagonally back right, step left beside right, step right diagonally back right (do it in jivy method)
- 3&4 Step left diagonally back left, step right beside right, step left diagonally back left (do it in jivy method)
- 5&6& Rock right to right side, recover weight on left, rock right to the back, recover weight on left
- 7&8& Step right to right side, step left behind right, step right to right side, step left across right

SIDE, PIVOT ¼ TURN LEFT, ½ TURN COASTER, FORWARD ROCK, RECOVER, & CROSS, SIDE

- 1-2 Step right to right side, make a ¼ turn left stepping left forward
- 3&4 Make a ½ turn left stepping right back, step left beside right, step right forward
- 5-6 Rock left forward, recover weight on right
- &7-8 Make a ¼ turn left stepping left to left side, step right across left, step left to left side

CROSS POINT, SIDE, STEP FORWARD, PIVOT ½ TURN RIGHT, ½ TURN RIGHT STEP BACK, BODY ROLL BACKWARDS, TOGETHER, POP KNEE

- 1-2 Point right across left, step right to right side
 - 3-4 Step left forward, pivot ½ turn right
 - 5-6 Make a ½ turn right stepping left back, hold
 - 7-8 Body roll back (weight on left), continue body roll (weight on right)
 - & Step left beside right popping right knee
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