

Nacho Mama

COPPER KNOB
BY STEPHEN BATES

拍數: 64 牆數: 1 級數: Intermediate
編舞者: John Hughes (AUS) & Jennifer Hughes (AUS)
音樂: Nacho Mama - Joe Ely



FORWARD SAMBAS

1&2 Step forward on left, rock/step back on right, step forward on left
3&4 Step forward on right, rock/step back on left, step forward on right
5-8 Repeat previous 4 counts

¼ TURN STEP LEFT, HINGE SIDE SHUFFLE TWICE

1-2&3&4 Step forward on left turning ¼ turn right, hold, hinge turn ½ turn right, shuffle to right stepping right to side, left together, right to side
&5-6&7&8 Turn ½ turn left on ball of right, step left to side, hold, hinge turn ½ turn right, shuffle to right stepping right to side left together, right to side

ROCK FORWARD, BACK, ½ TURN SHUFFLE FORWARD, ¼ TURN SHUFFLE BACK, ½ TURN SHUFFLE FORWARD

1-2-3&4 Step forward on left, rock/step back on right, turn ½ turn left small shuffle forward stepping left-right-left
5&6-7&8 Turn ¼ turn left shuffle back stepping right-left-right, turn ½ turn left shuffle forward left-right-left

FULL TURN, HEEL BALL STEP, SHUFFLE FORWARD, PIVOT ¼ TURN RIGHT

1-2-3&4 Turning ½ turn left step back on right, turning ½ turn left step forward on left, tap right heel forward, step back on right, step forward on left
5&6-7-8 Shuffle forward right-left-right, touch left forward pivot ¼ turn right (weight on right)

CROSS HOLD, SIDE SAMBA TWICE

1-2&3-4 Step left across in front of right, hold, step right to side & slightly back, step left across in front of right, step right to side & slightly back
5-6&7-8 Repeat previous 4 counts

CROSS HOLD, SIDE SAMBA, HIP SWAYS

1-2&3-4 Repeat previous 4 counts
5-8 Step left to left, sway hips left for 2 counts, rock onto right, sway hips right for 2 counts

EXTENDED VINE LEFT

1-8 Step left to left, step right across behind left, step left to left, step right across in front of left, step left to left, step right across behind left, step left to left, step right across in front of left

½ TURN LEFT, HOLD, ½ TURN RIGHT, HOLD, STEP LEFT, ¼ TURN RIGHT SWEEP STEP RIGHT BACK

1-4 Turn ½ turn left step left forward, hold, turn ½ turn right step right forward, hold
5-8 Step back on left, sweep right toe in an arc for 2 counts turning ¼ turn right, step back on right

REPEAT

FINISH

On 7th sequence, step forward right & pivot ½ turn left (after the right heel ball step)