

Pure Essence

COPPER KNOB
STEPSHEETS

拍數: 120 牆數: 4 級數: Advanced Soul Line Dance
編舞者: Ray Boyd
音樂: If I Ruled The World - R. Kelly



PONY LEFT, PONY RIGHT, STEP BACKWARD (4X)

1&2& Step left ball change, step right ball change
3-4-5-6 Step back left, right, left right
9-16 Repeat steps 1-6

STEP FORWARD LEFT, RIGHT, BASIC SALSA (3X)

Whole turns are on left turning left

1&2& Touch step left forward, touch step forward right
3&4& Step forward left, left steps beside right, step backward right, right steps beside left (repeat 3x)

(Optional turns for steps 17-)

5&6& Step forward left, left steps beside right, step backward right, right steps beside left
7&8& Step forward left whole turn left, step backward right, right steps beside left (repeat 2x)

STEP LEFT, RIGHT, RAISE LEFT KNEE, STEP LEFT, RIGHT, LEFT, RAISE RIGHT KNEE, STEP RIGHT, LEFT RIGHT, RAISE LEFT KNEE, STEP LEFT, RIGHT, LEFT, RAISE RIGHT KNEE, STEP RIGHT

26-37 Basic salsa (3x) (whole turns are on right turning right)
1&2&3&4 Step forward left, left steps beside right, step backward right, right steps beside left, step forward left whole turn left, step backward right, right steps beside left (repeat 2x)

38-49 Repeat steps 26-37

SLIDE LEFT, SLIDE RIGHT, STEP LEFT CROSS RIGHT, STEP RIGHT CROSS LEFT, STEP LEFT CROSS RIGHT, CROSS LEFT, CROSS RIGHT, CROSS LEFT, PAUSE, STEP BACK RIGHT, STEP LEFT, CROSS RIGHT, STEP BACK LEFT, WALK FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, SWIVEL SHOULDERS 2X, PAUSE, ¼ TURN LEFT

1-2-3-4 Step left to left side, slide right beside left
5-6-7-8 Step right to right side, slide left beside left
9&10&11& Step left cross right, step right cross left, step left cross right
12-13-14 Cross left, cross right, cross left, pause
15&16&17& Step back right, step left cross right, pause, step back left, step right
18-19-20&21 Step left forward, step right forward, step left forward, cross right behind left, pause
22-23 Swivel shoulders 2x, pause, ¼ turn left

PONY LEFT, PONY RIGHT, STEP LEFT IN PLACE 4X, RUN FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, STEP LEFT STOMP RIGHT, WALK BACKWARD LEFT 4X

1&2&3&4 Step left ball change, step right ball change
3-4-5-6 Step left, right, left, right
7-8-9-10 Step left quickly forward, step right quickly forward, step left quickly forward, cross right behind left
11-12 Step left, stomp right
13-14-15-16 Step backward left, right, left, right

PONY LEFT, PONY RIGHT, STEP LEFT RIGHT IN PLACE 4X, RUN FORWARD LEFT 3X, CROSS RIGHT BEHIND LEFT, ¼ TURN RIGHT, STEP RIGHT, CROSS RIGHT, RIGHT HAND TOUCH LEFT SHOULDER, CROSS LEFT, LEFT HAND TOUCH RIGHT SHOULDER

1&2&3&4 Step left ball change, step right ball change

5-6-7-8 Steps left, right, left, right
9-10-11-12 Step left quickly forward, step right quickly forward, step left quickly forward, cross right behind left
13-14 ¼ turn right, step right to right side
15-16-17-18 Cross right, right hand touch left shoulder, step right
19-20-21-22 Cross left, left hand touch right shoulder, step left
23-24-25-26 Touch forward right, lean backward, right hand touch right
27-28-29-30 Right step beside left, knee split
31-32-33-34 Step forward right, step forward left, ¼ turn right

REPEAT
