

Rio Grande

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 4 級數:
編舞者: Holly Ruschman (USA)
音樂: Limbo Lady - The Dean Brothers



FORWARD ROCK & ROLL BALL CHANGES

- 1&2 Rock forward left-right-left, bend left elbow with right hand to left elbow
- 3&4 Rock forward right-left-right, bend right elbow with left hand to right elbow
- 5-8 Sway forward walking left-right-left-right, rolling arms forward left-right-left-right like patty cake
- 9&10 Rock backward left-right-left, bend elbow with right hand to left elbow
- 11&12 Rock backward right-left-right, bend right elbow with left hand to right elbow
- 13-16 Sway back walking left-right-left-right, rolling arms back left-right-left-right like patty cake

SMOOTH LEFT MONTEREY TURNS

- 17 Point left toe and arm to left side
- 18 Push off and turn ½ to the left
- 19 Point right foot and arm to right side
- 20 Return to center
- 21-24 Repeat 17-20

CALYPSO WALK WITH ½ TURN LEFT

- 25-28 Walk forward left-right-left & turn ½ left, kicking right foot behind with head looking over right shoulder
- 29-32 Walk forward right-left-right & turn ½ left, kicking left foot behind with head looking over left shoulder

LIMBO SIDE STEP & TURN CHA-CHAS

- 33 Step left foot and arm to left side (palm up), right hand to midriff (palm in)
- 34 Step on right starting a full turn to right
- 35&36 On left-right-left, complete full turn to right
- 37 Step right foot and arm to right side, (palm up), left hand to midriff (palm in)
- 38 Step on left starting a full turn to the left
- 39&40 On right-left-right, complete full turn to left

V STEPS FORWARD & BACK & SWAYS

- 41 Step forward on left foot at 45 angle
- 42 Step forward on right foot at 45 angle
- 43 Step back left
- 44 Step back right
- 45-48 Sway hips left-right-left-right

LIMBO HOPS

- 49-52 Hop forward 4 times on both feet, bend upper body back with arms out to sides (palms up)
- 53-56 Walk back right-left-right-left with upper body still bent back & arms at side (palms up)

CONGO VINE & STOMP & CLAPS

- 57 Cross right foot over left
- 58 Step left foot to left side
- 59 Step right behind left
- 60 Step left foot to left side
- 61 Stomp right foot forward as you turn ¼ turn to the left

62-64 Clap hands in front 3 times

ROCK ½ TURN LEFT & CHA-CHAS

65 Rock forward on left foot
66 Step back on right to begin ½ turn to the left
67&68 Complete ½ turn on left-right-left

CROSS STEPS 45 DEGREE LEFT

69 Cross right over left
& Step left foot to left
70 Cross right over left
& Step left foot to left
71 Cross right over left
& Step left foot to left
72 Cross right over left

ROCK ½ TURN LEFT & CHA-CHAS

73 Rock forward on left foot
74 Step back on right to begin ½ turn to the left
75&76 Complete ½ turn on left-right-left

CROSS STEPS 45 DEGREE LEFT

77 Cross right over left
& Step left foot to left
78 Cross right over left
& Step left foot to left
79 Cross right over left
& Step left foot to left
80 Cross right over left

REPEAT

Dance begins ¼ left of first wall. During the traveling cross steps, travel at a 45 degree angle to the left.
