

September Needs

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rosie Multari (USA) - September 2002
音樂: Y Yo Sigo Aquí - Paulina Rubio : (CD: Paulina)



Alt. Tracks:-

Afrika by Angelique Kidjo (116 bpm / Black Ivory Soul cd)
I've Had the Time of My Life by Bill Medley & Jennifer Warnes (109 bpm / Dirty Dancing soundtrack) also by GLEE cast, Glee cd 5;
Free by Faith Hill [106 bpm / Cry cd]
September by Earth, Wind & Fire [128 bpm / Best Of / iTunes]
Let The River Run by Carly Simon [100 bpm / CD: Working Girl Soundtrack]
or Any mambo rhythm song

WALK, CHASSE, BRUSH & MAMBO, TURN ½, HOOK

1-2 Step right forward, step left forward
3&4 Step right to side, step left together, step right to side
&5&6 Brush left forward, rock left back, recover to right, step left together
&7&8 Hold, step right forward, turn ½ right and step left back, hook right over left

SHUFFLE LOCK FWD, TOUCH STEPS, TURN ¾ TRIPLE, SIDE ROCK CROSS

1&2 Step right forward, cross left behind right, step right forward
3-4 Touch left toe forward, touch left toe back
5&6 Triple in place turning ¾ left stepping left, right, left
7&8 Rock right to side, recover to left, cross right over left

SIDE ROCK CROSS, TOUCH & HITCH, MAMBO R, BRUSH & MAMBO L

1&2 Rock left to side, recover to right, cross left over right
3-4 Touch right to side, hitch right knee
5&6 Rock right forward, recover to left, step right together
&7&8 Brush left forward, rock left back, recover to right, step left together

SIDE ROCK, SYNCOPATED WEAVE, SWAY TURN ¼, SYNCOPATED TURN

1-2 Rock right to side, recover to left
3&4 Cross right behind left, step left to side, cross right over left
5-6 Sway left, sway right turning ¼ right (weight to right)
7&8 Step left forward, turn ¼ right and step right forward, step left forward

REPEAT

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