

Suave Movidas (Smooth Moves) (L/P)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver line/partner dance
編舞者: Ron Kline (USA)
音樂: Come On Over - Shania Twain



SIDE PUSHES (ROCK STEPS)

- &1-2 Step ball of right foot to right side, push away with the right foot, step the right foot next to the left foot (right foot takes weight)
&3-4 Step ball of left foot to left side, push away with the left foot, step the left foot next to the right foot (left foot takes weight)

HEEL TWIST WITH BACKWARD STEPS

- &5 Keeping left heel in place, fan left toe to the left, step right foot back
&6 Step left heel back, even with the right foot as you fan left toe to the left, step right foot back
&7 Keeping right heel in place, fan right toe to the right, step left foot back
&8 Step right heel back, even with the left foot as you fan right toe to the right, step left foot back

SYNCOPATED STEPS TOGETHER WITH ¼ TURN TO THE RIGHT

- &9-10 Step back on ball of right foot, step left foot forward, step right foot next to left foot
&11-12 Step back on ball of left foot, step right foot forward, step left foot next to right foot
&13-14 Step back on ball of right foot, step left foot forward, step right foot next to left foot
&15-16 Step back on ball of left foot, step right foot forward making a ¼ turn to the right with the step, step left foot to left side (about shoulder width apart)

HEEL SWIVELS WITH WEIGHT CHANGES

Keep the balls of both feet in place through the next 8 counts.

- 17-18 Swivel heels and bump hips at the same time to right side, swivel heels and bump hips to left side
19&20 Swivel heels and bump hips to right side, to left side, to right side
21-22 Swivel heels and bump hips to left side, swivel heels and bump hips to right side
23&24 Swivel heels and bump hips to left side, to right side, to left side

For styling in the above steps, move hands accordingly: hands making loose fists in front of body slightly apart from each other alternate, when heels go to the right side, the left fist goes over the right fist, when heels go to the left side, the right fist goes over the left fist and so on

TWO MILITARY TURNS, SIDE, TOGETHER, SIDE, TOGETHER

- 25-26 Step right foot forward, on balls of both feet pivot ½ to the left, weight to left foot
27-28 Step right foot forward, on balls of both feet pivot ½ to the left, weight to left foot
29-32 Step right foot to right side, step left foot next to right foot, step right foot to right side, step left foot next to right foot (weight ending on left foot)

REPEAT

Couples variation: Sweetheart position, man stands behind and to the left of the lady, hands held at shoulder height. Dance pattern will be the same except on count 25-28. Still do the steps through these counts. Release right hand hold, raise left hands, man will pass under, then lady will pass under the raised hands. On completion of these steps rejoin right hand hold, then continue dance pattern.