

Whole Lotta Peppas

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Neil Hale (USA)
音樂: Cup Of Life (Spanglish Radio Edit) - Ricky Martin



There are 3 different cuts of this song on 3 different Ricky Martin CDs, which sometimes varies between countries. "The Cup Of Life (Remix-English Radio Edit)" from the "Viva!" CD, Sony A31059, will also work. "La Copa de la Vida (The Cup Of Life)" from the "Vuelve" CD has a 2 beat tag that beginning level dancers have a difficult time dancing through. Styling for this dance is definitely Latin with "muchacha" hip action

LEFT STEP SIDE, TOGETHER, TRIPLE STEP FORWARD, RIGHT STEP SIDE, TOGETHER, TRIPLE STEP FORWARD

1-2 Left step side left, right step next to left
3&4 Left small step forward, right step next to left, left small step forward
5-6 Right step side right, left step next to right
7&8 Right small step forward, left step next to right, right small step forward

ROCK, RETURN, TRIPLE STEP IN PLACE INTO ½ TURN, STEP, ½ PIVOT, FORWARD COASTER

1-2 Left rock forward, return weight to right
3&4 Left step back into ¼ turn left, right close next to left, left step side into ¼ turn left
5-6 Step right forward, pivot ½ turn left
7&8 Right small step forward, left close next to right, right small step back

LEFT SLIDE, RIGHT SLIDE, TRIPLE STEP, RIGHT SLIDE, LEFT SLIDE, REVERSE COASTER

1-2 Left slide back past right, right slide back past left
3&4 Left small step back past right, right step next to left, left small step back
5-6 Right slide back past left, left slide back past right
7&8 Right small step back past left, left step next to right, right small step forward

ROCK, RETURN, STEP, STEP, STEP, ROCK, RETURN, STEP, ½ PIVOT, STEP

&1-2 Left rock side left, return weight to right, left step directly in front of right
3-4 Right step directly in front of left, left step directly in front of right
&5-6 Right rock side right, return weight to left, step right forward
7-8 Pivot ½ turn left, right step next to left

ROCK, RETURN, CROSS-STEP, SIDE ¼ TURN, BACK ½ TURN, STEP, ½ PIVOT, TRIPLE STEPS

&1-2 Left rock side left, return weight to right, left cross-step over right
3-4 Right step side right into ¼ turn left, left step back into ½ turn left
5-6 Step right forward, pivot ½ turn left
7&8 Right small step forward, left close next to right, right small step forward

STEP, ½ PIVOT, TRIPLE IN PLACE INTO ¾ TURN, ROCK, RETURN, TRIPLE IN PLACE

1-2 Step left forward, pivot ½ turn right
3&4 Left step forward into ¼ turn right, right step into ¼ turn right, left step into ¼ turn right
5-6 Right rock back, return weight to left
7&8 Right step next to left, left step in place, right step in place

REPEAT