

# En Cuerpo Y Alma (In Body And Soul)

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Zandra Varnham (SCO)  
音樂: En Cuerpo Y Alma - David Civera



## ROCKS, CHASSE TWICE

- 1            Rock forward on right foot
- 2            Rock back onto left foot
- 3&4        Chasse right - step right to right side, step left next to right, step right to right side
- 5            Rock forward on left foot
- 6            Rock back onto right foot
- 7&8        Chasse left - step left to left side, step right next to left, step left to left side

## CROSS, ¾ TURN, SHUFFLE, ROCKS TWICE, COASTER STEP

- 1            Cross step right foot over left
- 2            ¾ turn over left shoulder (weight stays on right)
- 3&4        Shuffle forward on left - step left foot forward, bring right up to left foot, step forward on left foot
- 5            Rock forward on right
- 6            Rock back on left
- 7&8        Back right coaster step - step right foot back, step left next to right, step forward on right

## STEP, ½ TURN, TRIPLE ½ TURN, TRIPLE ½ TURN, TRIPLE ½ TURN

- 1            Step forward on left
- 2            ½ turn over right shoulder
- 3&4        Triple ½ turn over right shoulder - stepping left, right, left
- 5&6        Triple ½ turn over right shoulder - stepping right, left, right
- 7&8        Triple ½ turn over right shoulder - stepping left, right, left

## ROCKS TWICE, COASTER STEP, ROCKS TWICE, COASTER SIDE STEP

- 1            Rock forward on right foot
- 2            Rock back on left foot
- 3&4        Back right coaster step - step back on right, step back on left, step forward on right
- 5            Rock forward on left foot
- 6            Rock back on right foot
- 7&8        Back coaster side - step back on left, step right next to left, step left to left side

## REPEAT

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