

Estoy Aquí

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Rico Peeters (NL)
音樂: Estoy Aquí - Shakira



SWAY TWICE, CHASSE ¼ TURN RIGHT, PIVOT ¼ TURN RIGHT, LOCK STEP

- 1-2 Sway right hip to the right, sway left hip to the left
3&4 Right foot step to the right side, left foot step next to right foot, step right foot with ¼ turn to the right
5-6 Left foot step forward, left foot & right foot step ¼ turn to the right
7&8 Left foot step forward, right foot lock behind left foot, left foot step forward

SYNCOPATED JAZZ BOXES RIGHT & LEFT INCLUDED KICK BALL POINTS

- 1-2 Right foot cross over left foot, left foot step ¼ turn to the right behind right foot
3&4 Right foot kick straight forward, right foot step next to left foot, left toe point left sideways to right foot
5-6 Left foot cross over right foot, right foot step ¼ turn to the left behind left foot
7&8 Left foot kick straight forward, left foot step next to right foot, right toe point right sideways to left foot

TOE TOUCHES, SAILOR STEP ¼ TURN RIGHT, COASTER STEP ¼ TURN LEFT

- 1-2 Right toe touch cross forward to left foot, right toe touch sideways left foot
3&4 Right foot step behind left foot, left foot step with a ¼ turn to the right, right foot step forward
5-6 Left toe touch cross forward to right foot, left toe touch sideways right foot
7&8 Left foot step behind right foot, right foot step next to left foot, left foot step with a ¼ turn to the left

ROCK RECOVER, CROSS SHUFFLE ¼ TURN LEFT, ROCK STEP, SHUFFLE ½ TURN LEFT

- 1-2 Right foot step to the right side, recover weight onto left foot
3&4 Right foot cross over left foot, left foot step behind right foot, right foot step over left foot with a ¼ turn to the left
5-6 Left foot step forward, recover weight onto right foot
7&8 Left foot step with a ½ turn to the left, right foot step next to left foot, left foot step forward

REPEAT

TAG

After count 32 of wall 4

ROCK RECOVER, HEEL JACK, ROCK RECOVER, HEEL JACK

- 1-2 Right foot step to the right side, recover weight onto left foot
3&4 Right foot cross over left foot, left foot sideways right foot, right heel touch diagonally right forward
5-6 Right foot step to the right side, recover weight onto left foot
7&8 Right foot cross over left foot, left foot sideways right foot, right heel touch diagonally right forward

Start again