

# El Paula

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Beginner  
編舞者: Elaine McGurk (IRE)  
音樂: Cry to Me - Solomon Burke



1-4            Step forward on toes right, left, right, left (with knees bent and swaying hips as you move forward)

5-6            Step right foot forward across left, rock back onto left foot

7-8            Making a ½ turn to the right (now facing the back wall), shuffle forward right, left, right

## Optional hand movements:

1-4            Reach arms outstretched behind body

5-8            Tip brim of hat with right hand and left hand on hip

9-12           Step forward on toes left, right, left, right

13-14           Step left foot forward across right and rock back onto right foot

15-16           Making a ½ turn to the left, shuffle forward left, right, left

## JAZZ BOX (HANDS ON HIPS)

17-20           Step right foot forward, left foot behind, step right making a ¼ turn right, and stomp left foot

## HIPS

21-24           Rock hips left, right, left, right

## JAZZ BOX (HANDS ON HIPS)

25-28           Step right foot forward, step left foot behind, step right making a ¼ turn right, and stomp left foot

## HIPS

29-32           Rock hips left, right, left, right

## STAR STEP

33-36           Touch right toe forward, right toe to right side, right toe behind, right toe to right side

## KICKS, COASTER STEP

37-38           Kick right foot forward twice

39-40           Step right foot back, step left foot back, step right foot forward

## STAR STEP

41-44           Touch left toe forward, left toe to left side, left toe behind, left toe to left side

## KICKS, COASTER STEP

45-46           Kick left foot forward twice

47-48           Step left foot back, step right foot back, step left foot forward

## HIPS

49-56           Two right hips, two left hips, two right hips, two left hips

## HIP ROLLS

57-60           Two roll hips to the left

61-64           Two right hips, two left hips

## REPEAT

