

Cupful Of Life

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Anita McNab (CAN)
音樂: The Cup of Life - Ricky Martin



WALK FORWARD ON LEFT WITH KICK, WALK BACK WITH TOUCH

1-2 Step forward on left, step forward on right
3-4 Step forward on left, kick right foot to front
5-6 Step back on right, step back on left
7-8 Step back on right, touch left beside right

STEP LEFT, TOGETHER, LEFT, TOUCH USING CUBAN HIPS - REPEAT TO RIGHT

9-12 Step side left, step right beside left, step side left, touch right beside (traveling left)
13-16 Step side right, step left beside right, step side right, touch left beside (traveling right)

FORWARD OUT LEFT, OUT RIGHT, BACK LEFT, TOUCH RIGHT (OUT, OUT, IN, IN)

17-18 Step left forward 45 degree angle to left, step right forward 45 degree angle to right (out, out)
19-20 Step left back to home position, touch right beside left (in, in)
21-22 Step right forward 45 degree angle to right, step left forward 45 degree angle to left (out, out)
23-24 Step right back to home position, touch left beside right (in, in)

HIP WIGGLES, 1/3 TURN RIGHT, HOLD, CLAP

25&26 Wiggle hips left, right (or wiggle double time)
27&28 Wiggle hips left, right (or wiggle double time)
29-30 Step forward on left, pivot ¼ turn to right stepping onto right
31-32 Touch left toe beside right, hold and clap

REPEAT
