

Cowboy Lombada (P)

COPPER KNOB
STEPPERS

拍數: 16 牆數: 0 級數: Partner
編舞者: Unknown
音樂: Black Velvet - Alannah Myles



Position: Second dance position. Using Swing Closed position, the man's left hand and the lady's right hand are held below the lady's waist. The man's right hand is placed on the lady's back. The couple stand with feet apart, lady's right knee "in" against the man's left knee "locking" knees. Knees are bent

MAN'S STEPS

LOMBADA

- 1 Shift weight left
- 2 Lift left hip
- 3 Shift weight right
- 4 Lift right hip
- 5 Shift weight left
- 6 Lift left hip
- 7 Shift weight right
- 8 Lift right hip

TURNING VINE: ¼ TURN FOR MAN, ¾ TURN FOR LADY

- 9 Step side left
- 10 Cross right behind left
- 11 Turn to 5th position (¼ turn left)

Lead the lady into an underarm turn to her right release right hand

- 12 Touch right to left

BACK STEPS, TOUCH

- 13 Place lady's left hand in man's right, step back right
- 14 Step back left
- 15 Step back right
- 16 Release lady's left hand and place right hand on lady's back. Touch left foot to side

REPEAT

LADY'S STEPS

LOMBADA

- 1 Shift weight right
- 2 Lift right hip
- 3 Shift weight left
- 4 Lift left hip
- 5 Shift weight right
- 6 Lift right hip
- 7 Shift weight left
- 8 Lift left hip

TURNING VINE: ¼ TURN FOR MAN, ¾ TURN FOR LADY

- 9 Step side right
- 10 Cross left behind right
- 11 Turn to 5th position (¼ turn right)

Step forward right, ½ turn right, total ¾ turn right. End facing man

- 12 Touch left to right

BACK STEPS, TOUCH

13 Step forward left

14 Step forward right

15 Step forward left

16 Touch right toes forward, place right leg in between man's knees to be in position to start dance again

REPEAT
