

Baila Este Noche

COPPERKNOB
BY STEPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: Baila Este Ritmo - Flaco Jimenez



DIAGONAL ROCK, COASTER TWICE

1-2 Rock forward on right 45 degrees right, rock back onto left
3&4 Right coaster-step back on right, step left beside right, step forward right
5-6 Rock forward on left 45 degrees left, rock back onto right
7&8 Left coaster-step back on left, step right beside left, step forward left

FORWARD RIGHT ¼ PIVOT LEFT, FORWARD RIGHT ¼ PIVOT LEFT, RIGHT SAILOR, LEFT SAILOR

1-4 Step forward right, pivot ¼ turn left, step forward right, pivot ¼ turn left
5&6 Right sailor - cross step right behind left, step left to left, replace weight center on right
7&8 Left sailor - cross step left behind right, step right to right, replace weight center on left

¼ LEFT, BEHIND, ¼ RIGHT, ¼ RIGHT, BEHIND, ¼ LEFT, STEP FORWARD, ½ PIVOT, HOLD, BALL STEP

1&2 Step forward on right turning ¼ turn left, cross left behind right, step right to right turning ¼ turn right
3&4 Step forward on left turning ¼ turn right, cross right behind left, step left to left turning ¼ turn left
5-6 Step forward on right, pivot ½ turn left (take weight onto left)
7&8 Hold, ball step - step right beside left pushing left foot forward

¼ LEFT, BEHIND, ¼ RIGHT, ¼ RIGHT, BEHIND, ¼ LEFT, STEP FORWARD, ½ PIVOT, HOLD, BALL STEP

1&2 Step forward on right turning ¼ turn left, cross left behind right, step right to right turning ¼ turn right
3&4 Step forward on left turning ¼ turn right, cross right behind left, step left to left turning ¼ turn left
5-6 Step forward on right, pivot ½ turn left (take weight onto left)
7&8 Hold, ball step - step right beside left pushing left foot forward

SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, ROCK BACK ON RIGHT, STEP BACK LEFT, KICK RIGHT, BALL STEP ¼ PIVOT

1&2-3-4 Shuffle forward right stepping right-left-right, rock forward on left, rock back on right
5-6 Step back on left, kick right foot forward
&7-8 Step right beside left pushing left foot forward (ball step pivot ¼ turn right on balls of feet (end weight left))

RIGHT SAILOR, CROSS LEFT BEHIND ½ UNWIND, CROSS RIGHT OVER LEFT, ½ UNWIND, LEFT COASTER

1&2-3-4 Cross right behind left, step left to left, replace weight center on right, cross left behind right, unwind ½ turn left (end weight on left)
5-6-7&8 Cross/step right over left, unwind ½ turn left (end weight on right), coaster - step back on left, step right beside left, step forward on left

SHUFFLE FORWARD RIGHT, ROCK FORWARD LEFT, ROCK BACK ON RIGHT, STEP BACK LEFT, KICK RIGHT, BALL STEP ¼ PIVOT

1&2-3-4 Shuffle forward right stepping right-left-right, rock forward on left, rock back on right
5-6 Step back on left, kick right foot forward
&7-8 Step right beside left pushing left foot forward (ball step), pivot ¼ turn right on balls of feet (end weight left)

RIGHT SAILOR, CROSS LEFT BEHIND ½ UNWIND, STEP FORWARD RIGHT, HOLD BALL STEP (LEFT-RIGHT), STOMP FORWARD LEFT

1&2-3-4 Cross right behind left, step left to left, replace weight center on right, cross left behind right, unwind ½ turn left (end weight on left)

5-6&7-8 Step forward right, hold, ball step-step ball of left beside right, pushing right foot forward, stomp forward left

REPEAT
