

Fantasmas

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - December 2009
音樂: Fantasmas - Nelly Furtado : (CD: Mi Plan 09)



Start dancing on vocals (7sec)

(1-8) Running Fwd R-L-R, Lift 1/4 Turn R, Cross & Cross, Hold, 1/4 turn R, Rocking Chair, Side Mambo, Cross

- 1&2& Stepping forward on Rf, stepping forward on Lf, Stepping forward on Rf, Make a 1/4 turn right on Rf (3) and lift L knee up
3&4& Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD
5&6 Make a 1/4 turn R and rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf
7&8 Rock Lf to the left side, recover on Rf, and cross Lf over Rf weight onto Lf (6:00)

(9-16) Heel Grind 1/4 Turn R, Back, Lift, Cross & Cross, Cross Mambo Fwd, 1/4 Turn R, Side, Lock Shuffle Fwd

- 1-2& Heel grind with Rf (toes from left to right) 1/4 turn right (9), Step Lf back, and step Rf back and lift L knee up weight onto Rf
3&4& Cross Lf over Rf, step Rf slightly to the Right side, and cross Lf over Rf weight onto Lf, HOLD
5&6 Cross mambo forward on Rf, recover on Lf, make a 1/4 turn R and step Rf to the right side weight onto Rf
7&8 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf (12:00)

(17-24) Fwd Rock / Recover, Back, Back, 1/4 Turn, Side, Hitch, Cross Samba (Left & Right)

- 1&2 Rock forward on Rf, recover on Lf, and step back on Rf weight onto Rf (12:00)
3&4 Step back on Lf, make a 1/4 turn R (3) and step Rf to the right side, and hitch L knee Up holding weight onto Rf
5&6 Cross step Lf over Rf, step Rf to the R side and slightly backwards, step Lf to the left side and slightly backwards
7&8 Cross step Rf over Lf, Step Lf to the Left side and slightly backwards, Step Rf to the Right side and slightly backwards weight onto Rf (3:00)

RESTART POINT BEGINNING WALL 3 (facing 6 o'clock) Restart AFTER count 24, Then take weight back on Lf (& count).

Then Restart the dance again from the Beginning (9 o'clock)

(25-32) Cross, 1/4 Turn L Back, Back, Back Rock / Recover, Fwd. Lock Shuffle Fwd, Fwd Rock / Recover &, 1/4 Turn R, Side Rock / Recover &

- 1&2 Cross Lf over Rf, make a 1/4 turn left (12) and stepping back on Rf, stepping back on Lf weight onto Lf
3&4 Rock back on Rf, recover on Lf, and step forward on Rf weight onto Rf
5&6 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf
7&8& Rock forward on Rf, Recover on Lf, make a 1/4 turn right and Rock Rf to the right side, Recover on Lf weight onto Lf (3:00)

Start Again And Have Fun!

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