

Americano

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Phrased ABC High Intermediate
編舞者: Simon Ward (AUS) & Maddison Glover (AUS) - January 2010
音樂: Americano (Tu vuo' fa l' Americano) - Patrizio Buanne : (Album: Patrizio)



Start on vocals...

Sequence – A, B, B(*), B(#), A, B, C, B

(*) – On this Part B wall, you only do half a Charleston step and continue dance as per normal with the twists (Touch right toe fwd, Sweep right foot to right and step beside left)

(#) – Restart with Part A after Charleston step

Part A

Cross Samba, Cross ¼ turn ¼ turn, Cross Samba, Cross ¼ turn ¼ turn

- 1&2 Cross/step right over left, Step left to left side, Step onto right
3&4 Cross/step left over right, Step right to right side turning ¼ turn left, Make a further ¼ left stepping on left
5&6 Cross/step right over left, Step left to left side, Step onto right
7&8 Cross/step left over right, Step right to right side turning ¼ turn left, Make a further ¼ left stepping on left

Rock recover, Sailor Step, Rock recover, Sailor step

- 1-2 Rock/step right forward at 45 deg left, Rock/replace left back sweeping right to right side
3&4 Step right slightly behind left, Step left to left side, Step right slightly to right (12.00)
5-6 Rock/step left forward at 45 deg right, Rock/replace right back sweeping left to left side
7&8 Step left slightly behind right, Step right to right side, Step slightly forward on left (12.00)

Forward, Pivot ½, Forward, Pivot ½, Fwd ¼ turn, Sway Hips

- 1-2 Step right forward, Pivot ½ turn left taking weight onto left
3-4 Step right forward, Pivot ½ turn left taking weight onto left
5-6 Step right forward turning ¼ turn left swaying hips to right, sway hips left
7-8 Sway hips right, Sway hips left (head facing 12.00 on counts 5-8 swaying right hand with hips, snap fingers when swaying to left)

¼ turn Walk, Walk, Lock shuffle fwd, Fwd Hold x 3

- 1-2 Turn ¼ turn left and step right forward, Step left forward
3&4 Step right forward, Lock/step left behind right, Step right forward
5-8 Step left forward, Hold, Hold, Hold

Pivot ½ Hold x 3, Fwd, Hold, Fwd, Hold,

- 1-4 Pivot ½ turn right taking weight onto right, Hold, Hold, Hold
5-6 Step left forward, Hold
7-8 Step right forward, Hold

Fwd Hold x 3

- 1-4 Step left forward, Hold, Hold, Hold (Note – the 2nd time you do Part A hold for an extra 4 counts)

Part B

Toe, Heel, Cross x 2, Toe Heel

- 1-3 Touch right toe next to left, Touch right heel next to left, Cross/step right over left
4-6 Touch left toe next to right, Touch left heel next to right, Cross/step left over right
7-8 Touch right toe next to left, Touch right heel next to left

(Twist for style & travel slightly forward during these 8 counts)

Cross, side, Cross, Side, Cross, Hold, Fwd lock

- 1-2 Cross/step right heel over left, Grind right heel to the right and step left to left side
- 3-4 Cross/step right heel over left, Grind right heel to the right and step left to left side
- 5-6 Cross/step right heel over left, Hold taking weight onto right
- 7-8 Step left forward at 45 deg left, Lock/step right behind left (10.30)

Fwd, Brush fwd, Brush back, Brush fwd, Brush back

- 1-2 Step left fwd still facing the 45 deg angle left, Brush right foot fwd slightly hopping on left (10.30)
- 3-4 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot back
- 5-6 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot fwd
- 7-8 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot back

Back, back, back, Hold, Back, back, back, Hold

- 1-2 Step right back, Step left back
- 3-4 Step right back, Hold and slightly slide left back (10.30)
- 5-6 Step left back, Step right back
- 7-8 Step left back, Hold and slightly slide right back (10.30)

Rock right back, Hold, Step left forward, Hold, Step right forward, Hold, Pivot to 6.00 wall, Hold

- 1-4 Rock/step right back, Hold, Step left forward, Hold
- 5-8 Step right forward, Hold, Pivot to 6.00 wall taking weight onto left, Hold

Touch fwd, Hold, Step back, Hold, Touch left back, Hold, Step fwd, Step right beside left (Charleston Step)

- 1-4 Touch right toe fwd, Hold, Sweep right foot to right and step right back, Hold (*)
- 5-8 Sweep left foot to left & Touch left toe back, Hold, Sweep left foot to left and step left forward, Step right beside left (#)

Twist, twist, kick, twist twist kick, Rock fwd, Rock back

- 1-2 Twist heels right, twist heels left, twist heels right while kicking left low at 45 deg left
- 4-6 Twist heels left, twist heels right, twist heels left while kicking right low at 45 deg right
- 7-8 Rock/step right behind left, Rock forward on left (6.00)

Right side, behind, side, cross/step, side, behind, side, touch

- 1-4 Step right to right side, Step left behind right, Step right to right side, Cross step left over right
- 5-8 Step right to right side, Step left behind right, Step right to right side, Step left beside right (6.00)

Twist, twist, kick, twist twist kick, Rock fwd, Rock back

- 1-3 Twist heels left, twist heels right, twist heels left while kicking right low at 45 deg right
- 4-6 Twist heels right, twist heels left, twist heels right while kicking left low at 45 deg left
- 7-8 Rock/step left behind right, Rock forward on right (6.00)

Left side, behind, side, cross/step, side, behind, side, touch

- 1-4 Step left to left side, Step right behind left, Step left to left side, Cross step right over left
- 5-8 Step left to left side, slide right towards left on count 6 & 7, Touch right beside left (6.00)

Part C

Right side, Kick, Side, Kick, Side, Behind, side, kick

- 1-4 Step right to right side, Kick left across right, Step left to left side, Kick right across left
- 5-8 Step right to right side, Step left behind right, Step right to right side, Kick left across right

Left side, Kick, Side, Kick, Side, Behind, side, kick

1-4 Step left to left side, Kick right across left, Step right to right side, Kick left across right
5-8 Step left to left side, Step right behind left, Step left to left side, Touch right beside left

Jazz Box

1-8 Step right forward, Hold, Cross/step left over right, Hold, Step right back, Hold, Step left to left side, Hold

Jazz Box turning ¼ left

1-8 Step right forward, Hold, Cross/step left over right, Hold, Step right back turning ¼ turn left, Hold, Step left to left side, Hold (9.00)

Fwd ¼ turns swaying hips x 3, Cross/step, Hold

1-2 Step right forward turning ¼ turn left swaying hips to right, take weight onto left (6.00)

3-4 Step right forward turning ¼ turn left swaying hips to right, take weight onto left (3.00)

5-6 Step right forward turning ¼ turn left swaying hips to right, take weight onto left (12.00)

7-8 Cross/step right over left, Hold

Back, Touch

1-2 Step left back, Touch right beside left

Finish after Charleston, Pivot to front wall..

This dance may look like a nightmare though the music tells you what to do the whole time.

The steps aren't too hard and the different tempos help you know where you are up too.

Once you have done it a few times you will be fine.

It requires attitude and energy so give it all you got. Have fun.

A big Thank You to Tom Glover for finding us the song.

Oh did we mention Part B is really fast.

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