

Colours Of The Wind

COPPER KNOB
BY STEPHEN MITCHELL

拍數: 32 牆數: 4 級數: Improver
編舞者: Winson Eng (MY) - April 2010
音樂: Colours of the Wind (Rumba / 25 BPM) - Ross Mitchell, His Band and Singers



Merengue Pattern To R , Merengue Pattern To L

1-4 Step R to R , Step L together R , step R to R , point L to L and push hips to L
5-8 Step L to L , Step R together L , step L to L , point R to R and push hips to R

Behind Side Cross , Ronde , Cross Side Behind Hitch And Turn ¼ R

1-4 Cross R behind L , step L to L , cross R over L , sweep L from back to front
5-8 Cross L over R , step R to R , cross L behind R , turn ¼ to R by hitching R knee

Cruising Step And Turn ¼ L

1-4 Step R to R , cross L behind R , turn ¼ R stepping R fwd , step L fwd
5-8 Pivot ½ turn R , turn ¼ R stepping L to L , cross R behind L , turn ¼ L stepping L fwd

Rocking Chair And Turn ¼ R , hip Sway

1-4 Rock R fwd , recover on L , turn ¼ R stepping R back and rock back , recover on L
5-8 Hip sway RLRI

Alternative : For those who find that there is a lot of turning , you may do a cruising step and don't turn to ¼ L

Then you can continue to the rocking chair and the following steps as normal .
