

Contigo

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 36 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - July 2010
音樂: La Ultima Noche - Misty Blue : (CD: Companions 2008)



Intro: 36 Count (19 sec)

Sec 1: 1-8 Walk, Walk, 1/2 pivot L, Continue a 1/4 Turn L, Side, Side Rock / Rec. 1/4 Turn R, Step Fwd, 1/2 Syncopated Pivot L, Step Fwd

- 1-2 Stepping forward on Rf, stepping forward on Lf (12)
3&4 Step forward on Rf, make a 1/2 turn to left (6) take weight onto Lf, continue a 1/4 turn to left (3) and step Rf out to right weight onto Rf
5&6 Rock Lf to the left, make a 1/4 turn to right (6), recover Rf and stepping forward on Lf weight onto Lf
7&8 Step forward on Rf, make a 1/2 turn to left (12) take weight onto Lf, and stepping forward on Rf

Sec 2: 9-16 Syncopated Hip Bumps L-R-L-R, 1/4 Turn L Step Fwd, 1/2 Turn L, Back, Back, Hip Bumps R-L-R, 1/4 Turn L Step Fwd, 1/2 Turn L, Back, Stomp Together

- 1&2& Step Lf to the left and bump L hip to left, bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf (12:00)
3&4 Making a 1/4 turn to left (9) and step forward on Lf, continue 1/2 turn to left (3) and step back on Rf, step back on Lf weight onto Lf
5&6 Step Rf to the right and bump R hip to right, bump L hip to left, bump R hip to right weight onto Rf (3:00)
7&8 Making a 1/4 turn to left (12) and step forward on Lf, continue 1/2 turn to left (6) and step back on Rf, stomp Lf beside Rf take weight onto both feet (6:00)

Sec 3: 17-24 1/2 Rumba Box Fwd, Chasse L With 1/4 Turn L, Fwd Rock / Rec. 1/4 Turn R, Side, Cross, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Lock

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

Sec 4: 25-32 Side Rock / Recover, 1/4 Turn R, Back, Lock Step Fwd, 1/2 pivot L, Walk, Walk

- 1&2 Rock Rf to the right side, recover on Lf, making a 1/4 turn to right (9) and step back on Rf weight onto Rf
3&4 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (9:00)
5-6 Step forward on Rf, make a 1/2 turn left (3) and take weight onto Lf
****Restart Here - 2nd Wall after 30 count****
7-8 Stepping forward on Rf, stepping forward on Lf weight onto Lf (3:00)

Sec 5: 33-36 Hip Bumps R-L-R-L

- 1-2 Step Rf to the right and bump R hip to right, bump L hip to left
3-4 Bump R hip to right, bump L hip to left ending weight onto Lf (3:00)

****Restart: 2nd wall dance up to count 30 and restart facing 6 o'clock wall**

Start Again And Have Fun!

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