

JLo ONE

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Iwan Loebis (INA) - February 2011
音樂: Si Ya Se Acabó - Jennifer Lopez : (Album: The Best of Jennifer Lopez)



Dance starts with the main vocal

S1. PRISSY WALK, CROSS, SIDE, CROSS, LONG SIDE, ¼ BACK, SIDE, CROSS

1-2 Cross R over L, cross L over R
3&4 Cross R over right, step/rock L to left side, recover on R
5-6 Cross R over L, long step R to right side
7&8 ¼ turn left stepping back on L, step R to right side, cross L over R (09.00)

S2. RIGHT CHASSE, ¼ FWD, ¼ SIDE, BEHIND-SIDE-CROSS, KICK BALL FWD

1&2 Chasse right stepping: R-L-R
3-4 ¼ turn left step L forward, ¼ turn left step R to side (03.00)
5&6 Cross L behind R, step R to right side, cross L over R
7&8 Kick R forward, step R next to L, Step L forward

S3. FWD LOCKSTEP, 2x ¼ FWD LOCK STEP, FWD, HITCH

1&2 Step R forward, cross L behind R, step R forward
3&4 ¼ turn right step L forward, cross R behind L, step L forward
5&6 ¼ turn right step R forward, cross L behind R, step R forward
7-8 Step L forward, hitch R (09.00)

S4. ROCK, RECOVER, 4x SWEEP BACK, SIDE ROCK-RECOVER, TOUCH

1-2 Rock R forward, recover on L (10.30)
3-4-5-6 Sweep/step back on R, L, R, L
7&8 Step/rock R to right side, recover on L, touch R beside L

S5. SIDE, DRAG, BACK, COASTER STEP, WALK: L-R-¼L

1-2 Step R slightly to side, drag L towards R (10.30)
3 Step L slightly backward (07.30)
4&5 Step back on R, step L next to R, step R forward (09.00)
6-7-8 Step L forward, step R forward, ¼ turn right step L forward (12.00)

S6. ROCK, RECOVER, BEHIND-SIDE-FWD, ¾ TURN, FWD, HITCH

1-2 Rock R forward, recover on L
3&4 Cross R behind L, step L to left side, step R forward
5&6 Cross/rock L over R, recover on R making 135° (3/8th) turn right, cross L over R making another 135° (3/8th) turn right (09.00)
7-8 Step R forward, hitch L

S7. ROCK, RECOVER, 2x BACK LOCK STEP< BEHIND-SIDE-CROSS

1&2 Step/rock L forward, recover on R
3&4 Step back on L, cross R over L, step back on L
5&6 Step back on R, cross L over R, step back on R
7&8 Cross L behind R, step R to right side, cross L over R

S8. FULL TURN, FWD DIAGONAL, DRAG, SIDE, DRAG, TOUCH, HOLD

1-2 Step R forward, cross L over R making a full turn right keeping weight on L
3-4 Step R diagonally right forward (body facing 07.30), draw L slightly towards R
5 Step L to left side (09.00)

6-8 Drag R slowly towards L, touch R toe beside L, hold

S9. TURN, 2x FWD-HOLD (SLOW WALK), TAP, ¼ SIDE

1-2 Step R forward (start walking around clockwise to make full turn right), hold

3-4 Step L forward, hold

5-6 Step R forward, hold

7-8 Tap L forward (09.00), ¼ turn right stepping L to left side (12.00)

S10. SAILOR, MODIFIED SAILOR, LUNGE KICK, FWD, ½ PIVOT, ½ BACK

1&2 Cross R behind L, step L to left side, step R to right side

3&4 Cross L behind R, step R to right side, step/low jump on L forward

5-6-7 Lunge kick on R, Step R forward, ½ turn left

8 Make another ½ turn left stepping back on R (12.00)

S11. BEHIND-SIDE-STEP/HOP, LUNGE KICK, FWD ½ PIVOT, ½ BACK, SAILOR

1&2 Cross L behind R, step R to right side, step/low jump on L forward

3-4-5 Lunge kick on R, step R forward, ½ turn left

6 Make another ½ turn left stepping back on R (12.00)

7&8 Cross L behind R, step R to right side, step L to left side

S12. WALK AROUND

1-8 Walking round clockwise in a circle (12.00)

Optional:

1-2 Unwind full turn right

3-4 Unwind full turn right

5-6-7-8 Walking round clockwise in a circle (12.00)

REPEAT

Ending: (After 3rd rotation)

1-4 Traveling full turn right

5-8 Traveling full turn left