

Poco Poco one, two, three

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: High Beginner - 3 dances
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音樂: Poco-Poco - Yopie Latul



(Start dancing on vocal)

Poco Poco One (32 Count / 4 Wall)

A. GRAPEVINE – TOUCH, ROLLING VINE - TOUCH

- 1 - 4 Step R to right side – Cross L behind R – Step R to right side – Touch L to left side
- 5 - 6 Turn ¼ left stepping L forward (in place) – Turn ½ left stepping R back
- 7 - 8 Turn ¼ Left stepping L to left side – Touch R beside L

B. FORWARD WALK – KICK, BACK WALK - TOUCH

- 1 - 4 Walk forward on : R – L – R – Kick L forward
- 5 - 8 Walk Back on : L – R – L – Touch R beside L

C. FORWARD – TOUCH, BACK – TOUCH, STEP – LOCK – STEP - HOLD

- 1 - 4 Step R Forward – Touch L beside R – Step L Back – Touch R beside L
- 5 - 8 Step R Forward – Lock L behind R – Step R forward - Hold

D. PIVOT ½ RIGHT, FORWARD SHUFFLE, FORWARD, PIVOT ¼ RIGHT, CROSS

- 1 - 2 Step L Forward – Turn ½ Right Recover onto R
- 3 & 4 Step L Forward, Step R together L, Step L forward
- 5 - 8 Step R forward – Step L forward – Turn ¼ Right recover onto R – Cross L over R

Poco Poco Two (32 Count / 2 Wall)

A. SIDE – TOGETHER, CHASSE, ROCKING CHAIR

- 1 - 2 Step R to right side – Step L together
- 3 & 4 Step R to right side, Step L together, Step R to right side
- 5 - 6 Rock L forward – recover onto R
- 7 - 8 Rock L back – recover onto R

B. SIDE – TOGETHER, CHASSE, ROCKING CHAIR

- 1 - 2 Step L to right side – Step R together
- 3 & 4 Step to right side, Step R together, Step L to right side
- 5 - 6 Rock R forward – recover onto L
- 7 - 8 Rock R back – recover onto L

C. PIVOT ½ LEFT – X2, FORWARD – TOGETHER, BACK – TOGETHER

- 1 - 2 Step R back – Step L back together
- 3 -4 -5 Step R forward – Step L forward – recover onto R
- 6 - 7 Walk forward on : L – R
- 8 Close L together R

D. BACK – TOGETHER, FORWARD, PIVOT ½ RIGHT, FORWARD WALK – TOGETHER

- 1 - 2 R Step back – L together beside R
- 3 - 4 Step forward R - L
- 5 - 6 Pivot Right ½ turn – step Forward
- 7 - 8 Step R Forward – Close L together

Poco Poco Three (32 Count / 4 Wall)

A. FORWARD – SIDE TOUCH, CROSS – SIDE TOUCH, JAZZ BOX – CROSS

- 1 - 2 Step R forward – Touch L to left side
- 3 - 4 Cross L over R – Touch R to left side
- 5 - 8 Cross R over L – Step L back – Step R to side – Cross L over R

B. DIAGONAL TOE STRUTS, CHASSE, BACK ROCK

- 1 - 2 Touch R toe diagonally to right forward – drop R heel down
- 3 - 4 Touch L toe diagonally to right forward – drop L heel down
- 5 & 6 Step R to right side, Step L together, Step R to right side
- 7 - 8 Step L back – Recover onto R

C. FORWARD – SIDE TOUCH, CROSS – SIDE TOUCH, JAZZ BOX – CROSS

- 1 - 2 Step L forward – Touch R to right side
- 3 - 4 Cross R over L – Touch L to left side
- 5 - 8 Cross L over R – Step R back – Step L to left side – Cross R over L

D. DIAGONAL TOE STRUTS, CHASSE, BACK, ¼ LEFT FORWARD

- 1 - 2 Touch L toe diagonally to left forward – drop L heel down
- 3 - 4 Touch R toe diagonally to left forward – drop R heel down
- 5 & 6 Step L to left side, Step R together, Step L to left side
- 7 - 8 Step R back – Turn ¼ left stepping L forward

REPEAT from the beginning
