

Arriba Las Manos

COPPERKNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Guenther Wodlei (AUT) - September 2013
音樂: Sube Las Manos pa Arriba by Pitpull engl.



Start after 16 counts - Seq: B, AA,C,B, AA,C,B, A, C, B,B

Part A: 32 counts

SHUFFLE FWD, STEP,STEP, SHUFFLE FWD, ½ STEP TURN LEFT

1&2 Step forward on Right. Left on Right. Step forward on Right
3,4 Step Left forward, Step Right forward
5&6 Step forward on Left. Right on Left. Step forward on Left
7,8 Step forward on Right. 1/2 Step turn Left.

MAMBO SIDE, MAMBO SIDE, MAMBO FWD., COASTER STEP

1&2 Rock step Right out to side, replace weight onto Left, step Right to Left
3&4 Rock step Left out to side, replace weight onto Right, step Left to Right
5&6 Rock step forward on Right, replace weight back on Left, step back on Right
7&8 Step back on Left, Right to Left, Step forward on Left

SHUFFLE FWD, STEP, STEP, SHUFFLE FWD, ½ STEP TURN LEFT

1&2 Step forward on Right. Left on Right. Step forward on Right
3,4 Step Left forward, Step Right forward
5&6 Step forward on Left. Right on Left. Step forward on Left
7,8 Step forward on Right. 1/2 Step turn Left.

CROSS, SIDE, HEEL & CROSS, SIDE, HEEL, MAMBO FWD, COASTER STEP

1&2 Step Right over Left, Left side, touch Right Heel diag.
&3&4 Right to Left, Step Left over Right, Right to side, touch Right heel diag.
&5&6 Left to Right, Rock step forward on Right, replace weight back on Left, step back on Right
7&8 Step back on Left, Right to Left, Step forward on Left

Part B: 32 counts

SIDE, CROSS, CHASSE, JAZZBOX CROSS

1, 2 Step Right to side, Left cross over Right
3&4 Step Right to Right side, Step Left next to Right, Step Right to right side
5, 6 Cross Left over Right. Step Right back..
7, 8 Step Left to left side. Cross Right over Left

SIDE, CROSS, CHASSE, JAZZBOX CROSS

1, 2 Step Left to side, Right cross over Left
3&4 Step Left to left side, Step Right next to Left, Step Left to left side
5, 6 Cross Right over Left. Step Left back
7, 8 Step Right to Right side. Cross Left over Right

MAMBO SIDE, MAMBO SIDE, MAMBO FORWARD, COASTER STEP

1&2 Rock step Right out to side, replace weight onto Left, step Right on Left
3&4 Rock step Left out to side, replace weight onto Right, step Left on Right
5&6 Rock step forward on Right, replace weight back on Left, step back on Right
7&8 Step back on Left, Right to Left, Step forward on Left

SHUFFLE FWD., ½ STEP TURN RIGHT, SHUFFLE FWD., ½ STEP TURN LEFT

1&2 Step forward on Right. Left on Right. Step forward on Right

3,4 Step forward on Left, ½ turn right
5&6 Step forward on Left. Right on Left. Step forward on Left
7,8 Step forward on Right, ½ turn left

PART C: 32 counts

STEP, STEP , JUMP OUT-OUT,CLAP, IN- IN,CLAP, HIP BUMPS RIGHT & LEFT

1,2 Step forward on Right, Step forward on Left
&3,4 Jump, out – out (Right - Left), Clap
&5,6 Jump, in-in (Right-Left), clap
7,8 Hip pump to right side and left side

SAILOR STEP, ¼ LEFT SAILOR TURN, SHUFFLE FWD., ½ TURN WITH HOOK AND CLAP

1&2 Step Right behind Left, Step Left to left side, Step Right diag. to right side
3&4 Step left with ¼ turn left behind Right, Step Right to right side, Step Left diag. to left side
5&6 Step forward on Right. Left on Right. Step forward on Right
7,8 Step Left forward, ½ turn right with hook and clap

STEP, STEP , JUMP OUT-OUT,CLAP, IN- IN,CLAP, HIP PUMPS RIGHT & LEFT

1,2 Step forward on Right, Step forward on Left
&3,4 Jump, out – out (Right - Left), Clap
&5,6 Jump, in-in (Right-Left), clap
7, 8 Hip pump to right side and left side

SAILOR STEP, ¼ LEFT SAILOR TURN , MAMBO FWD., COASTER STEP

1&2 Step Right behind Left, Step Left to left side, Step Right diag. to right side
3&4 Step left with ¼ turn left behind Right, Step Right to right side, Step Left diag. to left side
5&6 Rock step forward on Right, replace weight back on Left, step back on Right
7&8 Step back on Left, Right to Left, Step forward on Left

Contact: wodlei@aon.at
