

Shangri-La (Lost Island)

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Improver Cha Cha
編舞者: John Sandham (ES) & Krys Myerscough (ES) - December 2013
音樂: Island - Eddy Raven : (iTunes)



No Tags Or Restarts!

Sec 1: Cross rock-rec-side 23 cross rock- rec-side 23

1 2 3&4 Cross rock Rt-rec on lt - rt side- tog- side.
5 6 7&8 Cross rock lt-rec on rt - lt side-tog-side

Sec 2: Step ½ pivot shuffle fwd.step ½ pivot shuffle fwd.

1 2 3&4 Step rt fwd- ½ pivot lt-Rt shuffle fwd
5 6 7&8 Step lt fwd- ½ pivot rt-Lt shuffle fwd

Sec 3: Rt side behind ¼ rt 2 3 ¼ ½ side behind

1 2 3&4 Step rt side-cross lt behind-1/4 turn rt on rt lt rt.
5 6 7 8 Step on lt ¼ rt-step on rt ½ rt. Step lt to side. Step rt behind lt.

Sec 4: ¼ lt 2 3 ¼ pivot ¼ pivot ¼ pivot

1&2 3 4 ¼ turn lt on lt rt lt. Step fwd rt-1/4 pivot lt.
5 6 7 8 Step fwd rt-1/4 pivot lt. Step fwd rt-1/4 pivot lt.

Sec 5: Cross rock rec side 2 3 cross rock rec sway

1 2 3&4 Cross rock rt over lt-rec-cha cha cha rt side.
5 6 7 8 Cross rock lt over rt-rec-sway lt -then rt.

Sec 6: Cross rock rec sway. Cross rock rec side 2 3

1 2 3 4 Cross rock lt ovr rt- rec-sway lt-then rt.
5 6 7&8 Cross rock lt over rt. Rec- cha cha cha lt side.

Sec 7: Rock fwd rec ½ turn 2 3 ½ turn 2 3 rock bk rec

1 2 3&4 Rock fwd on rt-rec-1/2 turn rt on rt lt rt.
5&6 7 8 1/2 turn rt on lt rt lt. Rock bk on rt-rec on lt.

Sec 8: Rt shuffle lt shuffle ¼ pivot ¼ pivot

1&2 3&4 Shuffle fwd rt lt rt. Then lt r lt.
5 6 7 8 Step fwd rt. ¼ pivot lt. Step fwd rt. ¼ pivot lt.

Start over

Contact: sandham454@btinternet.com