

September Needs

COPPERKNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Rosie Multari (USA) - September 2002

Musik: Y Yo Sigo Aquí - Paulina Rubio : (CD: Paulina)



Alt. Tracks:-

Afrika by Angelique Kidjo (116 bpm / Black Ivory Soul cd)

I've Had the Time of My Life by Bill Medley & Jennifer Warnes (109 bpm / Dirty Dancing soundtrack) also by GLEE cast, Glee cd 5;

Free by Faith Hill [106 bpm / Cry cd]

September by Earth, Wind & Fire [128 bpm / Best Of / iTunes]

Let The River Run by Carly Simon [100 bpm / CD: Working Girl Soundtrack]

or Any mambo rhythm song

WALK, CHASSE, BRUSH & MAMBO, TURN ½, HOOK

- 1-2 Step right forward, step left forward
- 3&4 Step right to side, step left together, step right to side
- &5&6 Brush left forward, rock left back, recover to right, step left together
- &7&8 Hold, step right forward, turn ½ right and step left back, hook right over left

SHUFFLE LOCK FWD, TOUCH STEPS, TURN ¾ TRIPLE, SIDE ROCK CROSS

- 1&2 Step right forward, cross left behind right, step right forward
- 3-4 Touch left toe forward, touch left toe back
- 5&6 Triple in place turning ¾ left stepping left, right, left
- 7&8 Rock right to side, recover to left, cross right over left

SIDE ROCK CROSS, TOUCH & HITCH, MAMBO R, BRUSH & MAMBO L

- 1&2 Rock left to side, recover to right, cross left over right
- 3-4 Touch right to side, hitch right knee
- 5&6 Rock right forward, recover to left, step right together
- &7&8 Brush left forward, rock left back, recover to right, step left together

SIDE ROCK, SYNCOPATED WEAVE, SWAY TURN ¼, SYNCOPATED TURN

- 1-2 Rock right to side, recover to left
- 3&4 Cross right behind left, step left to side, cross right over left
- 5-6 Sway left, sway right turning ¼ right (weight to right)
- 7&8 Step left forward, turn ¼ right and step right forward, step left forward

REPEAT

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