

Tabola Bale

COPPER **NOB**
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Elva Fida - June 2025

Musique: TABOLA BALE (feat. Jacson Zeran, Juan Reza, Diva Aurel & Papa Adung) - Silet
Open Up

Start dance on vocal
No Tag and No Restart

SEC 1 : KNEE IN OUT (R,L)

- 1 2 Step R to side while R knee in (drop your body), L in place while L knee in (drop your body)
- 3&4 In place R while R knee in, R knee out, R knee in
- 5 6 In place L while L knee in (drop your body), R in place while L knee in (drop your body)
- 7&8 In place L while L knee in, L knee out, L knee in

SEC 2 : PONY STEP (L, R) – COASTER STEP – STEP FORWARD – CLOSE

- 1&2 Rock L back, Recover on R, Recover on L
- 3&4 Rock R back, Recover on L, Recover on R
- 5&6 Step L back, Close R together L, Step L forward
- 7 8 Long Step R forward, Close L together R

SEC 3 : ¼ TURN RIGHT – CROSS SHUFFLE – ½ TURN LEFT – CROSS SHUFFLE – SIDE MAMBO

- 1&2 ¼ turn right cross R over L, Stel L to side, cross R over L
- 3&4 ½ turn left cross L over L, Step R to side, cross L over R
- 5&6 Rock R to side, Recover on L, Close R together L
- 7&8 Rock L to side, Recover on R, Close L together R

SEC 4 : PIVOT 1/2 TURN LEFT, FORWARD SHUFFLE (R,L), SWAY

- 1 2 Step R forward, ½ turn left L in place
- 3&4 Step R forward, Close L together R, Step R forward
- 5&6 Step L forward, Close R together L, Step L forward
- 7 8 Sway R, L

Enjoy the Dance