

Limon Limonero (檸檬樹) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nina Chen (TW) - 2018年08月
音乐: Limon Limonero (Reeditado) - Leslie Gabriels



Intro: 40 counts

Sec1: WALK - WALK, FWD SHUFFLE, BOMP HIPS

1-2, 3&4 Step RF fwd - Step LF fwd, Fwd shuffle (R L R)
5&6, 7&8 Step LF to L while bump hips (L R L), Weight on RF while bump hips (R L R)
1-2, 3&4 右足前踏 - 左足前踏, 前交換步 (右 左 右)
5&6, 7&8 左足左踏同時推臀 (左 右 左), 重心回右足同時推臀 (右 左 右)

Sec2: JAZZ BOX 1/4 L, FWD ROCK - RECOVER, CHA CHA CHA

1-4 Cross LF over RF - 1/4 turn L (9:00) step RF back - Step LF to L - Step RF fwd
5-8 Rock LF fwd - Recover on RF, Step LF beside RF - Step RF in place - Step LF in place
1-4 左足前跨 - 左轉1/4 (9:00) 右足後踏 - 左足左踏 - 右足前踏
5-8 左足前下沉 - 重心回右足, 左足併踏右足旁 - 右足原地踏 - 左足原地踏

Sec3: VINE L, CROSS ROCK - RECOVER, CHASSE R

1-4 Cross RF over LF - Step LF to L - Cross RF behind LF - Step LF to L
5-6, 7&8 Rock RF over LF - Recover on LF, Step RF to R - Step LF beside RF - Step RF to R
1-4 右足前跨 - 左足左踏 - 右足後跨 - 左足左踏
5-6, 7&8 右足前跨下沉 - 重心回左足, 右足右踏 - 左足併踏右足旁 - 右足右踏

Sec4: CROSS ROCK - RECOVER, CHASSE 1/4 L, FWD PIVOT 1/8 L.(x2)

1-2, 3&4 Rock LF over RF - Recover on RF, Step LF to L - Step RF beside LF - 1/4 turn L (6:00) step LF fwd
5-8 Step RF fwd - Pivot 1/8 turn L (4:30) weight on LF - Step RF fwd - Pivot 1/8 turn L (3:00) weight on LF
1-2, 3&4 左足前跨下沉 - 重心回右足, 左足左踏 - 右足併踏左足旁 - 左轉 1/4 (6:00)左足前踏
5-8 右足前踏 - 向左踏轉 1/8 (4:30) 重心回左足 - 右足前踏 - 向左踏轉 1/8 (3:00)重心回左足

Tag : After wall 8 (12:00), Add 4 counts tag

加拍 :第八面牆結束後 (12:00) 加跳四拍

STOMP - HOLD - BACK - HOLD OR SHIMMY

1-4 Stomp RF fwd - Hold - Recover on LF - Hold or shimmy
1-4 右足前踩步 - 候 - 重心回左足 - 候或抖肩

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com