

East L A

COPPER KNOB
SYNCHRONISTIC

拍数: 64

墙数: 4

级数: Intermediate

编舞者: Kate Sala (UK)

音乐: 'Americano' by Lady Gaga. On CD 'Born This Way'



Start the Intro after 23 seconds. On the first heavy beat.

The 52 Count intro is danced only once at the beginning of the song.

Intro - Danced (52 Counts)

Jazz box.

1, 2, 3, 4 Cross step R over L. Step back on L. Step R to right side. Step forward on L.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on R. Touch L toe out to Left side. Step forward on L. Touch R toe out to Right side.

5, 6, 7, 8 Step back on R. Touch L toe out to Left side. Step back on L. Touch R toe out to Right side.

Reverse Rocking Chair, Coaster Step, Step Forward, Pivot ½ Turn Right.

1, 2, 3, 4 Rock back on R. Recover onto L. Rock forward on R. Recover onto L.

5 & 6 Step back on R. Step L next to R. Step forward on R.

7 - 8 Step forward on L. Pivot ½ turn Right. 6 o'clock.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on L. Touch R toe out to Right side. Step forward on R. Touch L toe out to Left side.

5, 6, 7, 8 Step back on L. Touch R toe out to Right side. Step back on R. Touch L toe out to Left side.

Reverse Rocking Chair, Coaster Step, Step Forward, Pivot ½ Turn Left.

1, 2, 3, 4 Rock back on L. Recover onto R. Rock forward on L. Recover onto R.

5 & 6 Step back on L. Step R next to L. Step forward on L.

7 - 8 Step forward on R. Pivot ½ turn Left. 12 o'clock.

Step Forward, Pivot ½ Turn Left x 2.

1, 2, 3, 4 Step forward on R. Pivot ½ turn Left. Step forward on R. Pivot ½ turn Left.

Step Forward, Touch, Step Forward, Touch, Step Back, Touch, Step Back, Touch.

1, 2, 3, 4 Step forward on R. Touch L toe out to Left side. Step forward on L. Touch R toe out to Right side.

5, 6, 7, 8 Step back on R. Touch L toe out to Left side. Step back on L. Touch R toe out to Right side.

Rock Back, Walk Forward x 2

1, 2, 3, 4 Rock back on R. Recover onto L. Walk forward on R, L. 12 o'clock.

Start the main dance!

This may seem like a lot of counts but it's easy and repetitive!

East L A - Main Dance

Kick Ball Step x 2, Rock Forward, Recover, Shuffle ½ Turn Right.

1 & 2 Kick R forward. Step down on ball of R. Step forward on L.

3 & 4 Kick R forward. Step down on ball of R. Step forward on L.

5 - 6 Rock forward on R. Recover on L.

7 & 8 Turn 1/4 Right stepping R to Right side. Step L next to R. Turn 1/4 Right stepping forward on R.

Step, Pivot ½ Turn Right, Step Forward, Turn ½ Left, Turn 1/4 Left With Side Rock, Cross Shuffle.

1 - 2 Step forward on L. Pivot ½ Turn Right.
3 - 4 Step forward on L. Turn ½ Left stepping back on R.
5 - 6 Turn 1/4 Left rocking out to Left side on L. Recover onto R. 3 o'clock.
7 & 8 Cross step L over R. Step R to Right side. Cross step L over R.

Step Right, Together, Cross Shuffle, Hitch Ball Cross, Step Back, Step Right.

1 - 2 Step R out to Right side. Step L next to R.
3 & 4 Cross step R over L. Step L to Left side. Cross step R over L.
5 & 6 Hitch L knee up. Step down on ball of L. Cross step R over L.
7 - 8 Step back on L. Step R out to Right side.

Heel Grind, Step Right, Sailor Step With Side Kick, Sailor Step, Sailor Step With 1/4 Turn Left.

1 - 2 Dig L heel across R. Grind L heel turning toes to the Left while stepping R to Right side.
3 & 4 Cross step L behind R. Step R to R side. Step L in place while kicking R out to Right side.
5 & 6 Cross step R behind L. Step L to Left side. Step R in place.
7 & 8 Cross step L behind R. Turn 1/4 Left stepping R in place. Step forward on L and slightly across R.

Weave Right, Triple Full Turn Left, Scuff Hitch Step Back.

1 2&3 4 Step R to Right side. Cross step L behind R. Step R to R side. Cross step L over R. Step R to Right side.
5 & 6 On the spot full turn Left stepping on L, R, L. 12 o'clock.
7 & 8 Scuff R foot forward, Hitch R knee up, Step back on R.

Shuffle ½ Turn Left, Step Forward, Swivel Heels, Coaster Heel, Coaster Step.

1 & 2 Turn 1/4 Left stepping L to Left side. Step R next to L. Turn 1/4 Left stepping forward on L. 6 o'clock.
3 & 4 Step forward on R. Swivel both heels out to the sides. Swivel heels in.
5 & 6 Step back on R. Step L next to R. Dig R heel forward.
7 & 8 Step back on R. Step L next to R. Step forward on R.

Rock Forward, Recover, Shuffle ½ Turn Left, Right Diagonal Lock Step, Left Diagonal Lock Step.

1 2 Rock forward on L. Recover on R.
3 & 4 Turn 1/4 Left stepping L to L side. Step R next to L. Turn 1/4 Left stepping forward on L. 12 o'clock.
5 & 6 Facing Right diagonal step forward on R. Lock step L behind R. Step forward on R.
7 & 8 Facing Left diagonal step forward on L. Lock step R behind L. Step forward on L.

Step Out, Out, Back, Together, Step Forward, Pivot ½ Turn Left, Step Forward, Pivot 1/4 Turn Left.

1 - 2 Step forward and out to Right side on R. Step forward and out to Left side on L.
Optional arms: While stepping Right push hands up to Right diagonal. Then Left diagonal when stepping Left.
3 - 4 Step back on R. Step L next to R
Optional arms: While stepping back on R push hands down to Right diagonal. Then Left diagonal.
5 - 6 Step forward on R. Pivot ½ Turn Left.
7 - 8 Step forward on R. Pivot 1/4 turn Left. 3 o'clock.

Start again!

Ending: During wall 7 dance the first 32 counts, there is 1 count left, you will be facing back wall: Just pivot ½ turn Left on L stepping R out to Right side throwing arms in the air!!!

