

# Alvaro

**COPPER** KNOB  
STEPSHEETS

拍数: 80      墙数: 2      级数: Intermediate  
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音乐: All In My Head - Alvaro Estrella : (iTunes, Amazon)



## #16 Count intro

**S1: Side Step Right. Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Side Step with 1/4 Turn Left.**

- 1 – 3      Step Right to Right side. Cross rock Left over Right. Rock back on Right.
- 4&5      Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
- 6 – 8      Step forward on Right. Pivot 1/2 Left. Make 1/4 turn Left stepping Right Long step to Right side.

**S2: Back Rock. 2 x Walks Forward. Forward Rock. Triple Full Turn Left.**

- 1 – 2      Rock back on Left. Rock forward on Right. (12:00)
- 3 – 4      Walk forward on Left. Walk forward on Right.
- 5 – 6      Rock forward on Left. Rock back on Right.
- 7&8      Triple step making Full turn Left (on the spot) stepping Left. Right. Left. Or: Left Coaster Step

**S3: Side. Touch. Left Kick Ball-Cross. Side Step. Touch Across. Point Out. Touch Behind (With shoulder lift)**

- 1 – 2      Step Right to Right side. Touch Left toe beside Right.
- 3&4      Kick Left Diagonally forward Left. Step Left beside Right. Cross step Right over Left.
- 5 – 7      Step Left to Left side. Touch Right toe across Left. Point Right toe out to Right side.
- 8      Touch Right toe behind Left - Lifting Right shoulder and dropping the Left and Look Down to Left side

**S4: Side Step Right. Hold. & 1/4 Turn Right. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Back Rock.**

- 1 – 2      Step Right to Right side. Hold.
- &3 – 4      Step Left beside Right. Make 1/4 Right stepping forward on Right. Step forward on Left.
- 5 – 6      Pivot 1/2 turn Right. Make 1/4 turn Right stepping Left to Left side.
- 7 – 8      Rock back on Right. Rock forward on Left.

**S5: Step. 1/2 Turn Right. Right Coaster. Step. 1/2 Turn Left. Left Shuffle 1/2 Turn Left.**

- 1 – 2      Step forward on Right. Make 1/2 turn Right stepping back on Left.
- 3&4      Step back on Right. Step Left beside Right. Step forward on Right.
- 5 – 6      Step forward on Left. Make 1/2 turn Left stepping back on Right.
- 7&8      Left shuffle making 1/2 turn Left stepping Left. Right. Left. (6:00)

**S6: Step Forward. & Heel Lift. Touch Back. Reverse Pivot 1/2 Turn Right. Step. Hold & Step. Scuff.**

- 1&2      Step forward on Right. Raise both heels up. Lower both heels to floor. (Weight ends on Left)
- 3 – 4      Touch Right toe back. Make 1/2 turn Right taking weight on Right.
- 5 – 6      Step forward on Left. Hold.
- &7 – 8      Step ball of Right beside Left. Step forward on Left. Scuff Right forward. (12:00)

**S7: Rocking Chair. 2 x Walks Around. Turning Cross Shuffle. (Completing 1/2 Circle Turn Left).**

- 1 – 4      Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.
- 5 – 6      Make 1/8 turn Left walking forward on Right. Make 1/8 turn Left walking forward on Left.
- 7&8      Cross step Right over Left. Step Left to Left side. Cross Right over Left (Gradually making 1/4 turn Left)

**S8: 2 x Walks Around. Left Triple Step. (Completing 1/2 Circle Turn Left). Right Jazz Box Cross.**

- 1 – 2      Make 1/8 turn Left walking forward on Left. Make 1/8 turn Left walking forward on Right.

3&4 Left Triple step turning 1/4 Left stepping Left. Right. Left. (12:00)  
5 – 8 Cross step Right over Left. Step back on Left. Step Right to Right side. Cross step Left over Right.

**S9: Side Step Right. Drag. Ball-Cross. Side Step Left. Back Rock. 2 x Walks Forward.**

1 – 2 Long step Right to Right side. Drag Left towards Right.  
&3 – 4 Step ball of Left beside Right. Cross step Right over Left. Long step Left to Left side.  
5 – 6 Rock back on Right. Rock forward on Left.  
7 – 8 Walk forward on Right. Walk forward on Left.

**S10: Pivot 1/2 Turn Right. Left Shuffle Diagonally Forward Left. Out – Out. Back. Cross. Chasse Right**

1,2&3 Pivot 1/2 turn Right. Left shuffle Diagonally forward Left stepping Left. Right. Left.  
4 – 5 (Still on Diagonal) Step Right out to Right side (push hips Right). Step Left out to Left side (push hips Left)  
6 – 7 (Straighten up to 6 o'clock) Step back on Right. Cross step Left over Right.  
8& Step Right to Right side. Close Left beside Right. (6:00)

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