

Ant-Man

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Ping Chen (CN) & Queen (CN) - September 2018
音乐: Borombon - Camilo Azuquita : (Theme from Ant-Man)



Intro: 48 counts. No tag

[1-8] TOE GRIND, COASTER STEP, POINT, 1/2 R FLICK, SHUFFLE

1&2 Point R forward and swivel R heel out, Swivel R heel in, Swivel R heel out,
3&4 Step R back, Step L together, Step R forward,
5 6 Point L forward, Turn 1/2 R flick L back, (6:00)
7&8 Step L forward, Step R next to L, Step L forward,

[9-16] CROSS, SIDE, CROSS SHUFFLE, 1/2 L CROSS SHUFFLE, SIDE MANBO, CROSS

12 Cross R over L, Step L to L side,
3&4 Cross R over L, Step L to L side, Cross R over L,
5&6 Turn 1/2 L cross L over R, Step R to R side, Cross L over R, (12:00)
7&8 Rock R to R side, Recover to L, Cross R over L,

[17-24] 1/8 L FORWARD, SLIGHT FORWARD, SHUFFLE, 1/2 PIVOT, 1/2 L BACK CHA-CHA

12 Turn 1/8 L and step L forward, Step R slight forward behind L, (10:30)
3&4 Step L forward, Step R next to L, Step L forward,
5 6 Step R forward, Turn 1/2 L step L forward, (4:30)
7&8 Turn 1/2 L step R back, Lock L over R, Step R back, (10:30)

[25-32] 1/2 L SHUFFLE, 1/8 L FORWARD ROCK, RIGHT MANBO, LEFT MANBO,

1&2 Turn 1/2 L step L forward, Step R next to L, Step L forward, (4:30)
3 4 Turn 1/8 L rock R forward, Recover to L, (3:00)
5&6 Rock R to R side, Recover to L, Step R together,
7&8 Rock L to L side, Recover to R, Step L together,

NOTE: Restart from end of 32 counts when dance wall 1.3.5.6.7.8.

[33-40] FORWARD ROCK, BACK CHA-CHA, BACK ROCK, FORWARD CHA-CHA

1 2 Rock R forward, Recover to L,
3&4 Step R back, Lock L over R, Step R back,
5 6 Rock L back, Recover to R,
7&8 Step L forward, Lock R behind L, Step L forward,

[41-48] V-STEP, SIDE, HOLD, FREE STYLE

12 Step R diagonal R, Step L diagonal L,
3 4 Step R back to center, Step L together,
5 6 Step R to R side, Hold,
7&8 You can make free style for example shimmy or hip bumps etc.

REPEAT - HAVE YOUR FUN!

Connect: Ping-Chen(陈萍) : 1625845073@qq.com
Queen (周亚军) : 331656671@qq.com