

Ole Ole

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Fred Knopp (AUS)
音乐: The Cup of Life - Ricky Martin



Start after he says "Here We Go"

WALK FORWARD LEFT, RIGHT, LEFT, RIGHT, LEFT SHUFFLE FORWARD WITH ½ TURN RIGHT, RIGHT ROCK/STEP BACK

- 1-4 Step forward on left, step forward on right, step forward on left, step forward on right
- 5&6 Step forward on left, slide right next to left with ¼ turn right, step left back with ¼ turn right
- 7-8 Rock/step back on right, step forward on left

RIGHT CHASSE FORWARD AT 45 DEGREES RIGHT, LEFT SIDE, RIGHT ACROSS, LEFT SIDE, RIGHT APART

- 9&10 Step right forward at 45 degrees right, step left behind right, step right forward at 45 degrees right
- & Step left behind right
- 11&12 Step right forward at 45 degrees right, step left behind right, step right forward at 45 degrees right
- 13-14 Step left to left side, step right across in front of left
- 15-16 Step left to left side, step right to right side (feet slightly apart)

TWIST HEELS RIGHT, LEFT, RIGHT, LEFT, RIGHT SAILOR STEP, LEFT BEHIND, RIGHT ¼ TURN, LEFT FORWARD

- 17-18 Twist heels right & push right shoulder to right, twist heels left & push left shoulder to left
- 19-20 Twist heels right & push right shoulder to right, twist heels left & push left shoulder to left
- 21&22 Step right behind left, step left to left side, step right to right side
- 23&24 Step left behind right, step right to right side with ¼ turn right, step left forward

RIGHT FORWARD, HOLD, ¼ TURN LEFT, LEFT HEEL FORWARD, RIGHT TOE BACK, LEFT SIDE-TOUCH, RIGHT SIDE-TOUCH, RIGHT CROSS SHUFFLE

- 25-26 Step right forward & push right hand forward (palm facing out), hold
- & Pivot ¼ turn left on ball of right
- 27&28 Touch left heel forward, step left next to right, touch right toe back
- & Step right next to left
- 29&30 Touch left to left side, step left next to right, touch right to right side
- 31&32 Step right across in front of left, slide left next to right, step right across in front of left

REPEAT

BRIDGE

POP KNEES RIGHT, LEFT, RIGHT, LEFT, LEFT STOMP, RIGHT STOMP, ROLL HIPS TWICE

The bridge is done once after the 12th rep of the dance. You'll be facing the front. Call out the count as you go and really get into it. Call out "Ole!" when you finish the dance on the hold (beat 26)

- 1-2 Pop right knee across in front of left (swing arms above head to the right), pop left knee across in front of right (swing arms above head to the left)
- 3-4 Pop right knee across in front of left (swing arms above head to the right) pop left knee across in front of right (swing arms above head to the left)
- 5-6 Stomp left down & place left hand on left cheek, stomp right down & place right hand on right cheek
- 7-8 Roll hips to the left twice

