

Trumpet Cha (aka Feel Da Beat)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Roy Hadisubroto (IRE) & Raymond Sarlemijn (NL) - 2004
音乐: Trumpet Cha - Eddie Calvert



Intro: After 8 counts

Note: Start with weight on L foot

[1 – 9] Knee Pops, Syncopated Mambos L R, Walk

1 - 2 - 3 R knee Pop forward (1), Hold (2 - 3) 12:00
4 & 5 L knee Pop forward (4), R knee pop forward (&), L knee pop forward (5) 12:00
& 6 & 7 Rock L to L side (&), Recover on R (6), Close L next to R (&), Rock R to R side (7) 12:00
& 8 - 1 Recover on L (&), Close R next to L (8), Step L forward (1) 12:00

[10 – 17] Walk x2, Lock Step, Pivot Turn R, Lock Step ½ Turn R

2 - 3 Step R forward (2), Step L forward (3) 12:00
4 & 5 Step R forward (4), Lock L behind R (&), Step R forward (5) 12:00
6 - 7 Step L forward (6), ½ Turn R and Step R forward (7) 6:00
8 & 1 ¼ Turn R and Step L to L side (8), Cross R in front of L (&), ¼ Turn R and Step L backwards (1) 12:00

[18 – 25] Step, Hook, Step, Lock Step, Rock Step, ¾ Turn L

2 & 3 Step R backwards (2), Hook L in front of R (&), Step L forward (3) 12:00
4 & 5 Step R forward (4), Lock L behind R (&), Step R forward (5) 12:00
6 - 7 - 8 - 1 Rock L forward (6), Recover on R (7), ½ Turn L and Step L forward (8), ¼ Turn L and Step R to R side (1) 3:00

[26 – 32] Sexy Hip Roll

2 – 3 Slowly move hips from R to L while transferring your weight to L foot (2 - 3) 3:00
4 – 5 Slowly move hips from L to R while transferring your weight to R foot (4 - 5) 3:00
6 - 7 - 8 Slowly move hips from R to L while transferring your weight to L foot (5 - 8) 3:00

Arms On last 8 counts put both arms above head while L hand holds back of R hand. 3:00

NOTE: When finished the last 8 counts of the dance close R next to L on count 1 while doing the knee pop to start again

START AGAIN AND HAVE FUNNNN

Last Update – 12 Dec. 2019