

Dance Party

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4
编舞者: Susan Bangonkale (SG)
音乐: Macarena - Los del Río



VOLTA FULL SPOT TURN, RIGHT AND LEFT

1&2& Step right ¼ forward, step onto ball of left in place, repeat
3&4 Step right ¼ forward, step onto ball of left in place, step right ¼ forward
5&6& Step left ¼ forward, step onto ball of right in place, repeat
7&8 Step left ¼ forward, step onto ball of right in place, step left ¼ forward

FRONT SAILOR, BACK SAILOR, RIGHT SHUFFLE, SHUFFLE ½ RIGHT TURN

1&2 Step right over left, recover weight on the left, step right to the right
3&4 Step left behind right, recover weight on the right, step left to the left
5&6 Shuffle forward, right left right
7&8 Shuffle ½ right, left right left

ROCK BACK, ¾ LEFT TURN, POINT, SKATE RIGHT FORWARD PUSH LEFT BACK, CROSS ROCK POINT

1-2 Rock back on the right, recover on the left
3-4& ¾ Left turn, point right feet next to left
5&6 Take big step forward (right), rock back on the left while pushing left hip up point right feet next to left
7&8 Cross right over left, return weight on the left and point right feet beside left

STEP RIGHT FORWARD WITH LEFT HIP PUSH UP, DRAG LEFT FEET BEHIND RIGHT, SHOULDER ROLL, REPEAT TOWARDS LEFT AND HIP ROLL

1& Step right ¼ to the right with left hip pushing up, drop the hip and move left feet behind right
2& Step right forward with left hip pushing up, drop the hip and move left feet behind right
3&4 Roll shoulder to the left
5& Step left ½ to the left with right hip pushing up, drop the hip and move right feet behind left
6& Step left forward with right hip pushing up, drop the hip and move right feet behind left
7&8 Roll hip to the left

POINT RIGHT TO THE RIGHT DRAG LEFT TOWARDS RIGHT, COASTER STEPS, FRONT MAMBO ½ RIGHT TURN

1& Point right ¼ to the right while body 1/8 to the right, drag left towards right
2& Point right ¼ to the right while body 1/8 to the right, drag left towards right
3&4 Rock back on the right, recover on the left, step right next to left
5&6 Rock left forward, recover on the right, step left next to right
7-8 Step right forward and ½ right turn

REPEAT
