

# Abelarumba

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Chris Hodgson (UK)  
音乐: A Place In My Heart - Liz Abella



## **SIDE RIGHT-HOLD, CHASSE LEFT, SIDE RIGHT-HOLD, STEP-ROCK-FORWARD**

1-2      Step right to right side, hold position for one count  
3&4      Step left to left side, step right next to left, step left to left side  
5-6      Step right to right side, hold position for one count  
7&8      Step back on left, rock weight forward onto right, step forward on left

## **¼ LEFT STEP FORWARD-HOLD, STEP-ROCK-BACK, BACK-HOLD, STEP-ROCK-FORWARD**

&1-2      On ball of left make ¼ turn left slightly lifting up right knee, step forward on right, hold position  
3&4      Step forward on left, rock back onto right, step back on left  
5-6      Step back on right, hold position for one count  
7&8      Step back on left, rock forward onto right, step forward on left

## **SIDE RIGHT-HOLD, CHASSE ¼ TURN LEFT, STEP-½ TURN, SHUFFLE**

1-2      Step right to right side, hold position for one count  
3&4      Step left to left side, step right next to left, step left ¼ turn left  
5-6      Step forward on right, pivot ½ turn left  
7&8      Step forward on right, lock left behind right, step forward on right

## **CROSS-UNWIND ¾ RIGHT, SIDE-SLIDE, FORWARD-HOLD, ¼ TURN LEFT-HOLD**

1-2      Cross left over right, unwind ¾ turn right (weight ends on right)  
3-4      Step left to left side, slide right next to left (no weight)  
5-6      Step forward on right, hold position for one count  
7-8      Step left ¼ turn left, hold position for one count

## **SIDE-HOLD, HIP SWAYS, CROSS-UNWIND ¾ LEFT, SHUFFLE FORWARD**

1-2      Step right to right side, hold position for one count  
3&4      Sway hips left, sway hips right, sway hips left  
5-6      Cross right over in front of left, unwind ¾ turn left (weight ends on left)  
7&8      Step forward on right, lock left behind right, step forward on right

## **FORWARD-HOLD, HIP BUMPS, ¼ LEFT-HOLD, SIDE-CROSS-SIDE (MOVING TO THE RIGHT)**

1-2      Step forward on left, hold position for one count  
3&4      Bump hips back, bump hips forward, bump hips back (weight ends on right)  
5-6      Step left to left side as you turn ¼ left on ball of right, hold position for one count  
7&8      Step right to right side, cross left over in front of right, step right to right side

## **SIDE-TOGETHER, SHUFFLE FORWARD, SIDE-TOGETHER, SHUFFLE BACK**

1-2      Step left to left side, step right next to left  
3&4      Step forward on left, step right behind left, step forward on left  
5-6      Step right to right side, step left next to right  
7&8      Step back on right, step left next to right, step back on right

## **SIDE-SLIDE TWICE, BACK-SLIDE, AND CROSS**

1-2      Step left to left side, slide right toe next to left (no weight)  
3-4      Step right to right side, slide left toe next to right (no weight)  
5-6-7      Step diagonal. Back left on left, slide right next to left over 2 counts (no weight)

&8

Step right in place, cross step left over in front of right

**REPEAT**

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