

Under Stress (parody of "Un Dos Tres") COPPER KNOB STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: William Sevone (UK) - November 2010
音乐: Un Dos Tres (Spanglish Radio Edit) - Ricky Martin : (Single)



Dance sequence:- A-A-B-A (to count 16)-A-B-A-B-A-B-B-B (to count 16)-Finale

Choreographers note:- Ideally suited for the experienced Intermediate dancer who is about to move into the Advanced level.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with heavy drum beats - 64 counts after start of music

SECTION A

2x Rock-Recover-Side Triple Step (12:00)

- 1 – 2 Rock right across left. Recover onto left.
- 3& 4 Triple Cha Cha step right stepping: R.L-R.
- 5 – 6 Rock left over right. Recover onto right.
- 7& 8 Triple Cha Cha step left stepping: L.R-L.

1/4 Fwd. 1/2 Pivot. 3x Hips. Fwd. 1/2 Pivot. 3x Hips (9:00)

- 9 – 10 Turn ¼ left & step forward onto right (9). Pivot ½ left (weight on left) (3).
- 11 – 12 Step forward onto right - pushing hips forward. Recover onto left – pushing hips backward.
- 13 – 14 Transferring weight to right – push hips forward. Step forward onto left.
- 15 – 16 Pivot ½ right (weight on right) (9). Step forward onto left - pushing hips forward.

SHORT WALL: After 1st Section B perform first 16 counts of Section A then restart the dance on a new wall (3)

- 17 – 18 Recover onto right – pushing hips backward. Transferring weight to left – push hips forward.

1/4 Side. 4x Back. Hitch 1/2 Turn (12:00)

- 19 – 20 Turn ¼ left & step right to right side (6). Step backward onto ball of left (knee inward).
- 21 – 22 (left heel to floor) Step backward onto ball of right (knee inward). (right heel to floor) Repeat 21 on left.
- 23 (left heel to floor) Step backward onto ball of right (knee inward).
- 24 (right heel to floor) Hitch left knee & turn ½ left (12).

4x Back. 3xHips. 1/2 Fwd (6:00)

- 25 – 26 Step backward onto ball of left (knee inward). (left heel to floor) Repeat 25 on right.
- 27 – 28 (right heel to floor) Step backward onto ball of left (knee inward). (left heel to floor) Repeat 27 on right.
- 29 – 30 (right heel to floor) Step backward onto left – pushing hips backward. Recover onto right – pushing hips forward.
- 31 – 32 Transferring weight to left – push hips backward. Turn ½ right & step forward onto right (6).

2x Rock-Recover-Side Triple Step (6:00)

- 33 – 34 Rock left across right. Recover onto right.
- 35& 36 Triple Cha Cha step left stepping: L.R-L.
- 37 – 38 Rock right over left. Recover onto left.
- 39& 40 Triple Cha Cha step right stepping: R.L-R.

1/4 Fwd. 1/2 Pivot. 3x Hips. Fwd. 1/2 Pivot. 3x Hips (9:00)

- 41 – 42 Turn ¼ right & step forward onto left (9). Pivot ½ right (weight on right) (3).
- 43 – 44 Step forward onto left - pushing hips forward. Recover onto right – pushing hips backward.
- 45 – 46 Transferring weight to left – push hips forward. Step forward onto right.
- 47 – 48 Pivot ½ left (weight on left) (9). Step forward onto right - pushing hips forward.

49 – 50 Recover onto left – pushing hips backward. Transferring weight to right – push hips forward.

1/4 Side. 4x Back. Hitch 1/2 Turn (6:00)

51 – 52 Turn ¼ right & step left to left side (12). Step backward onto ball of right (knee inward).
53 – 54 (right heel to floor) Step backward onto ball of left (knee inward). (left heel to floor) Repeat 53 on right.
55 (right heel to floor) Step backward onto ball of left (knee inward).
56 (left heel to floor) Hitch right knee & turn ½ right (6).

4x Back. 3xHips. 1/4 Fwd (9:00)

57 – 58 Step backward onto ball of right (knee inward). (right heel to floor) Repeat 57 on left.
59 – 60 (left heel to floor) Step backward onto ball of right (knee inward). (right heel to floor) Repeat 59 on left.
61 – 62 (left heel to floor) Step backward onto right – pushing hips backward. Recover onto left – pushing hips forward.
63 – 64 Transferring weight to right – push hips backward. Turn ¼ right & step forward onto left (9).

Dance Note: IMPORTANT - Count 64: On FINAL Section A perform a ¼ turn left (to face the 'home' Wall)

SECTION B

2x Rock-Recover-Together-Hold

1 – 2 Rock right to right side. Recover onto left.
3 – 4 Step right next to left. Hold.
5 – 6 Rock left to left side. Recover onto right.
7 – 8 Step left next to right. Hold.

2x Rock-Recover-Together-Hold

9 – 10 Rock forward onto right. Recover onto left.
11 – 12 Step right next to left. Hold.
13 – 14 Rock backward onto left. Recover onto right.
15 – 16 Step left next to right. Hold.

DANCE NOTE: During the final (3rd) repeat of Section B perform dance to Count 16 then the 'Finale'

Full Turn Left (On The Spot): Side Rock-Recover

17 – 18 Turn ¼ left & rock right to right side. Recover onto left.
19 – 20 Turn ¼ left & rock right to right side. Recover onto left.
21 – 22 Turn ¼ left & rock right to right side. Recover onto left.
23 – 24 Turn ¼ left & rock right to right side. Recover onto left.

Full Turn Left (On The Spot): Side Rock-Recover

25 – 32 Repeat Counts 17-24

FINALE: During final (3rd) repeat of Section B perform dance to Count 16 then do the following:

1& 2 'On the spot' & over right shoulder - Full turn triple Cha Cha stepping: R.L-R.
