

Cabana Boy

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Michele Burton (USA) - January 2012
音乐: Cabana Boy - Sara Evans : (CD: Stronger)



Music Options: Two step music 170– 185 BPM

The dance has versatility to phrased and or un-phrased two step rhythm – give it a try.

DVD Instructional video available on the website

16 count. Intro.

[1 – 8] ROCK BACK, HOLD, RETURN, HOLD ~ STEP, ROCK, STEP (step ball change)

- 1 – 4 Rock L to back left diagonal (styling: straight L leg, pushing L hip back); Hold; Return wt. to R foot; Hold
5 – 8 Step L forward (in front of R); Rock R to right (on ball of R); Return wt. to L; Hold

[9 – 16] MODIFIED JAZZ BOX ~ STEP, TURN ¼, HEEL, STEP

- 1 – 4 Cross R in front of L; Step L back; Step R next to L; Hold (wt. stays on R)
5 – 8 Step L forward; Turn ¼ L, step R to right; Touch L heel in front of R foot; Step L to left 9:00

[17-24] TOUCH STEP, TOUCH STEP ~ CROSS, STEP, CROSS, HOLD

- 1 – 4 Touch R beside L; Step R to right; Touch L beside R; Step L to left (slightly back)
5 – 8 Step R in front of L; Step L to left; Step R in front of L; Hold 9:00

[25-32] STEP, HOLD, ¼ RIGHT, HOLD ~ FORWARD, HOLD, ½ TURN RIGHT, HOLD

- 1 – 4 Step L to left (L leg slightly bent, hip popped left - look left); Hold; Turn ¼ right, step R in place; Hold
5 – 8 Step L forward; Hold: Turn ½ right, take weight to R foot; Hold 6:00

[33-40] KICK, STEP, TOUCH, HITCH ~ HIP, HIP, HIP, HOLD

- 1 – 4 Kick L forward (no need to rush kick); Step L beside R; Point R to right; Hitch R beside L calf
5 – 8 Step R ball to right, hips right; Shift wt. to L, hips left; Shift wt. to R, hips right (R fully weighted); Hold

[41-48] CROSS ROCK, RETURN, BACK, HOLD ~ BACK, ¼ TURN, CROSS, HOLD

- 1 – 4 Step (small rock) L in front of R; Return wt. to R; Step L slightly back; Hold
5 – 8 Step R back; Turn ¼ L, step side left; Step L over R; Hold 3:00

[49-56] SIDE, TOGETHER, SIDE, HOLD ~ HEEL, STEP, HEEL, STEP

- 1 – 4 Step L to left; Step R beside L; Step L to left; Hold
5 – 8 Touch R heel forward; Step R beside L; Touch L heel forward; Step L beside R
(optional variation: Touch R beside L; Step R diagonally back; Touch L heel forward; Step L in place)

[57-64] ROCK FORWARD, HOLD, RETURN HOLD ~ ¼, TOGETHER, ¼, ½ TURN

- 1 – 4 Rock R forward; Hold; Return weight to L; Hold
5 – 8 Turn ¼ right, step R to right; Step L beside R; Turn ¼ R, step R forward; Turn ½ R on ball of R foot (allow ct. 8 to flow right into the beginning – diagonal rock back) 3:00

Choreographer note: Because this music has a casual, flowing island feel, keep your movement soft and light.

BEGIN AGAIN - Enjoy

Last Revision - 2nd February 2012

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