# Formentera

COPPER KNOB

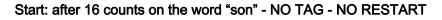
**拍数:**64

**墙数:** 1

级数: Beginner

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音乐: Formentera - Giò Valeriani : (Album: Formentera - 3:46)



### SECTION 1: (1-8): BASIC SIDE MERENGUE R AND L

- 1-2-3-4 Step R side, step L beside R, step R side, point L beside R
- 5-6-7-8 Step L side, step R beside L, step L side, point R beside L

## SECTION 2: (9-16): BASIC MERENGUE FW AND BACK WITH R FOOT (WOL in place) x 2

- 1 2 Step R forward and clap hands, recover L and clap hands
- 3 4 Step R back, recover L shaking shoulders
- 5 8 REPEAT 1-4

### SECTION 3: (17-24): BASIC MERENGUE R AND L MAKING A FULL TURN IN PLACE

- 1 2 Step R side, step L side, turn ¼ L (9:00)
- 3 8 Make the same steps turning ¼ L on the others 3 walls

## SECTION 4: (25-32): REPEAT (1-8) SECTION 1

### SECTION 5: (33-40): PONY STEP R AND L X 2

- 1 & 2 Rock R on diagonal R, step ball L toe in place on same direction, recover R in place
- 3 & 4 Rock L on diagonal L, step ball R toe in place on same direction, recover L in place
- 5 & 6 REPEAT 1 & 2
- 7 & 8 REPEAT 3&4

# SECTION 6: (41-48): "OUT" FORWARD R AND L (SIDE BY SIDE), "IN" BACK R AND L, R SIDE, POINT, L SIDE, POINT

- 1 2 Step out forward R, step out forward L (side by side) Stand up R and L arm in accord with foot
- 3-4 Step in back R, step in back L (beside) Put down R and L arm in accord with foot
- 5 6 Step R side, point L (Shake shoulders)
- 7 8 Step L side, point R (Shake shoulders)

## SECTION 7: (49-56): BASIC R SIDE MERENGUE, TRIPLE STEP L FULL TURN

- 1-2-3-4 Step R side, step L beside R, step R side, point L beside R
- 5-6-7-8 Step L side, turn ½ L, step R side, turn ½ L, step L side, point R beside L

#### SECTION 8: (57-64): REPEAT SECTION 6

NOTE: These steps are in Merengue style, so transfer completely weight on each foot with hips movements and .....

#### HAVE FUN AND SMILE !!!!!!!!!

For any ask contact me at: -

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GOOD DANCING......KISSES FROM ROME.....

