

Conmigo

COPPER KNOB
BY STEPHEN

拍數: 64
牆數: 2
編舞者: Lena PETIT (FR) - May 2015
音樂: Conmigo - Kendji Girac

級數: Phrased Novice / Intermediate



Part A : 32 counts Part B : 32 counts || Seq: AB AA BA BAA
Start after 16 counts

PART A

A[1-8] Box step, Triple step ½ turn, coaster step, triple step forward

1&2 Step R to the R side (1), Step L next to RF (&), step R forward (2)
3&4 ¼ turn R step L to L side(3), Step R next to LF (&), ¼ turn R step L back (4)
5&6 Step R back (5), Step L next to RF (&), step R forward (6)
7&8 Step L forward (7), Step R next to LF (&), Step L forward (8)

A[9-16] Side Rock mambo, Step Turn ¼ turn Cross ,Side Together, triple side

1&2 Rock R to R side (1), recover (&), Step R next to LF (2)
3&4 Step L forward (3), 1/4 turn R step R next to LF (&), cross LF over RF (4)
5,6 Step R to R side (5), Step L next to RF (6)
7&8 Step R to the R side (7), Step L next to RF (&), Step R to the R side (8)

A[17-24] Rock mambo Back, Step ½ turn step, Triple step x2

1&2 Rock back LF (1), recover (&), Step L forward (2)
3&4 Step R forward (3), ½ turn L step L forward (&), Step R forward (4)
5&6 Step L forward (5), Step R next to LF (&), Step L forward (6)

Direct your body to your left

7&8 Step R forward (7), Step L next to RF (&), Step R forward (8)

Direct your body to your right

A[25-32] Heel Ball 1/8 (x2), Rock step, Switches Toe and Toe, Side rock

1&2& Heel L (1), 1/8 turn R Step L next to RF (&), Heel R (2), 1/8 turn Step R next to LF (&)
3,4& Rock forward L (3), recover (4), Step LF next to RF (&)
5&6& Point R to the R side (5), Step RF next to LF (&), Pointe L to the L side (&), Step LF next to RF (&)
7,8 Rock R side (7), recover (8)

PARTIE B

B[1-8] Side Together (x3), Step forward ¼ turn R, Vaudeville (x2)

1&2&3&4 Step R to the R side (1), Step L next to RF (&), Step R to the R side (2), Step L next to RF (&), Step R to the R side (3), Step L next to RF (&), ¼ turn R step R forward (4)
5&6& Cross LF over RF (5), Step R to the R side (&), Heel L (6), Step L (&)
7&8& Cross RF over LF (7), Step L to the L side (&), Heel R (8), Step R (&)

B[9-16] Rock step, Step ¼ turn L, Behind Side Cross, Side together with Shimmy

1,2& Rock forward L (1), recover (2), Step L next to RF (&)
3,4 Step R forward (3), ¼ turn L step L to the L side (4)
5&6 Cross RF behind LF (5), Step L to the L side (&), cross RF over LF (6)
7,8 Step L to the L side, shake your shoulders (7), Step RF next to LF (8)

B[17-24] Side together(x3), Step forward ¼ turn, Vaudeville (x2)

1&2&3&4 Step L to the L side (1), Step R next to LF (&), Step L to the L side (2), Step R next to LF (&), Step L to the L side (3), Step R next to LF (&), ¼ turn L step L forward (4)
5&6& Cross RF over LF (5), Step L to the L side (&), Heel R (6), Step R (&)

7&8& Cross LF over RF (7), Step R to the R side (&), Heel L (8), Step L (&)

B[25-32] : Rock step, Step ¼ turn L, Behind Side Cross, Side together with Shimmy

1,2& Rock forward R (1), recover (2), Step R next to LF (&)

3,4 Step L forward (3), ¼ turn R step R to the R side (4)

5&6 Cross LF behind RF (5), Step R to the R side (&), cross LF over RF (6)

7,8 Step R to the R side, shake your shoulders (7), Step LF next to RF (8)

Start again, without forgetting your smile !

Contact : lena.onyx@orange.fr
