

Makes Me Wanna Dance

COPPER KNOB
STEPSHEETS

拍數: 128 牆數: 1 級數: Phrased Advanced
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音樂: Best Years of Our Lives - Baha Men



Counts: All parts are 32 counts - Sequence: A-B-A-B-C-A-B-D-B-B

Part A

4X MAMBO ROCKS, ¼ TURN L WITH A FLICK BACKWARDS

- 1 RF Rock forward
- & LF Recover
- 2 RF Close next to LF
- 3 LF Rock back
- & RF Recover
- 4 LF Close next to RF
- 5 RF rock to right side
- & LF Recover
- 6 RF Close next to LF
- 7 LF rock to left side
- & RF Recover
- 8 LF Close next to LF and turn ¼ left with a right flick backwards (9.00)

STEP, ¾ TURN L WITH SWEEP, CROSS BEHIND, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL WITH BODY POP

- 1 RF Step forward
- 2 RF ¾ turn left, sweep LF from front to back (12.00)
- 3 LF Cross behind RF
- & RF Step to right side
- 4 LF Heel diagonally left forward
- & LF Close next to RF
- 5 RF Cross over LF
- & LF Step to left side
- 6 RF Heel diagonally right forward
- & RF Close next to LF
- 7 LF Cross over RF
- & RF Step to right side
- 8 LF Heel diagonally left forward and pop chest forward

4X MAMBO ROCKS, ¼ TURN R WITH A FLICK BACKWARDS

- 1 LF Rock forward
- & RF Recover
- 2 LF Close next to LF
- 3 RF Rock back
- & LF Recover
- 4 RF Close next to RF
- 5 LF rock to left side
- & RF Recover
- 6 LF Close next to LF
- 7 RF rock to right side
- & LF Recover
- 8 RF Close next to LF and turn ¼ right with a left flick backwards (3.00)

STEP, ¾ TURN R WITH SWEEP, CROSS BEHIND, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL, STEP, CROSS OVER, STEP, HEEL WITH BODY POP

- 1 LF Step forward
- 2 LF ¾ turn right, sweep RF from front to back (12.00)
- 3 RF Cross behind LF
- & LF Step to left side
- 4 RF Heel diagonally right forward
- & RF Close next to LF
- 5 LF Cross over RF
- & RF Step to left side
- 6 LF Heel diagonally left forward
- & LF Close next to RF
- 7 RF Cross over LF
- & LF Step to left side
- 8 RF Heel diagonally right forward and pop chest forward

Part B

VAULTER STEP 4X MAKING A FULL TURN R, STEP, ROCK STEP, STEP, ROCK STEP

- & RF Close next to LF
- 1 LF ¼ turn left, step forward
- & RF ¼ turn left, step to right side
- 2 LF Cross over RF
- & RF ¼ turn left, step to right side
- 3 LF Cross over RF
- & RF ¼ turn left, step to right side
- 4 LF Cross over RF
- 5 RF Step to right side
- & LF Rock behind RF
- 6 RF Recover
- 7 LF Step to left side
- & RF Rock behind LF
- 8 LF Recover

VAULTER STEP 4X MAKING A FULL TURN L, STEP, ROCK STEP, STEP, ROCK STEP

- 1 RF ¼ turn left, step forward
- & LF ¼ turn left, step to right side
- 2 RF Cross over RF
- & LF ¼ turn left, step to right side
- 3 RF Cross over RF
- & LF ¼ turn left, step to right side
- 4 RF Cross over RF
- 5 LF Step to right side
- & RF Rock behind RF
- 6 LF Recover
- 7 RF Step to left side
- & LF Rock behind LF
- 8 RF Recover

1/8 TURN L, STEP 3X, SAMBA TWIST, STEP 2X, LOCK, HOLD, ½ TURN L, HOLD

- 1 LF 1/8 turn left, step forward (10.30)
- 2 RF Step forward
- 3 LF Step forward
- & RF Close next to LF and swivel the heels to the right (samba twist)
- 4 LF Step forward

- & RF Step forward
- 5 LF lock behind RF
- 6 Hold
- 7 ½ turn left (weights ends on RF) (4.30)
- 8 Hold

STEP 3X, SAMBA TWIST, STEP 2X, 1 3/8 TURN L, TOUCH, HOLD

- 1 RF Step forward
- 2 LF Step forward
- 3 RF Step forward
- & LF Close next to RF and swivel the heels to the left (samba twist)
- 4 RF Step forward
- 5 LF Step forward
- 6 LF 1 3/8 turn left (12.00)
- 7 RF Touch to right side
- 8 Hold

Part C

DRAG RF TO LF WITH SAMBA ROLL ARMS, ¼ TURN L SAMBA ROLL, STEP, TOUCH

- 1-4 RF Drag towards LF and make a samba roll with the arms
- 5 LF ¼ turn left, step forward
- 6 RF ¼ turn left, step to right side
- & LF ¼ turn left, cross over RF (3.00)
- 7 RF Step back
- 8 LF Touch next to RF

¾ TURN L SAMBA ROLL, STEP 2X, CROSS, STEP, TOUCH, STEP

- 1 LF ¼ turn left, step forward
- 2 RF ¼ turn left, step to right side
- & LF ¼ turn left, cross over RF (6.00)
- 3 RF Step back
- 4 LF Step next to RF
- 5 RV Cross over LF
- & LV Step slightly to left
- 6 RV touch forward
- & RV Step next to LF
- 7 LV ¼ turn left, cross over RF
- & RF ¼ turn left, step back (12.00)
- 8 LF Touch forward

BACHACADA'S WITH ¼ TURNS

- & LF Step next to RF
- 1 RF Touch forward
- & RF Step slightly back
- 2 LF Touch forward
- & LF Step slightly back
- 3 RF Touch forward
- & RF Step slightly back
- 4 LF Touch forward
- & LF ¼ turn left, step next to RF (9.00)
- 5 RF Touch forward
- & RF Step slightly back
- 6 LF Touch forward
- & LF Step slightly back

- 7 RF Touch forward
- & RF Step slightly back
- 8 LF Touch forward
- & LF ¼ turn left, step next to RF (6.00)

BACHACADA'S, KICKBALLSTEP, ½ TURN L AND HITCH, TOUCH

- 1 RF Touch forward
- & RF Step slightly back
- 2 LF Touch forward
- & LF Step slightly back
- 3 RF Touch forward
- & RF Step slightly back
- 4 LF Touch forward
- & LF Step next to RF
- 5 RF Kick forward
- & RF Step on the ball of the foot next to LF
- 6 LF Step forward
- 7 RF ½ turn left, RF hitch (12.00)
- 8 RF Touch to right side

Part D

STEP WITH ARM MOVEMENTS 2X, PUSH HIP BACK AND ROLLING HANDS, PUSH HIP FORWARD, LASSO MOVE, HITCH, RECOVER, FULL TURN R

- 1 RF Step diagonal right forward (angle your body to 1.30)

Arms are hooked on shoulder high and hands are up

- & lower hands

- 2 LF Step diagonal left forward (angle your body to 10.30)

Arms are hooked on shoulder high and hands are up

- & lower hands

- 3 Push your butt (7.30) diagonally left back and roll your hands over each other

- 4 Push hips diagonally right forward and arms are wide to the side

- 5 & Make a round movement with your hip from L to R and make a lasso movement with your R hand (2x)

- 6 LF Hitch L knee and sweep R fist to L knee

- 7 LF Recover weight on LF

- 8 Make a full turn right and raise R knee up

STEP, CROSS, STEP 2X, STEP, CROSS , TURN FULL TURN R WITH BODYROLLS

- 1 RF Step back

- & LF Cross over RF

- 2 RF Step back

- 3 LF Step back

- & RF Cross over LF

- 4 LF Step back

- & RF Step slightly diagonally right back

- 5 LF Cross over RF and start turning a full turn right

- 6-8 While making the turn make small body rolls on 6-7-8 and finish full turn right (weight ends on LF)

HITCH, FIST MOVEMENT, STEP, ARM MOVEMENTS, BEND TO R, LOOK L

- 1 RF Hitch R knee, hit with R fist on R knee

- & Hit with R fist on R knee

- 2 RF Step to right side, R arm diagonally low to side and L arm diagonally up to side (both arms are stretched)

- 3 Roll R arm (lasso move)

- & Roll R arm (lasso move)
- 4 L arm Stretch forward and grab with your R hand L elbow (R elbow on same level as R shoulder)
- 5 Arms are stretched diagonally up to side
- 6 Arms are crossed in front of body (hip height) left over right
- 7 RF Bend RF and Arms stretched to side, hand palm is faced down
- 8 Arms are hooked up and hand palm faced inside (look to L hand)

RECOVER, ARM MOVEMENTS, BODYROLL, STEP, STEP, HITCH 2X WITH ARMS, HOP A FULL TURN L

- 1 LF Weight back on LF and arms in a roll movement hooked in front of body (X form)
 - & Arms in a roll movement to the side and hands to the outside (Y form)
 - 2 RF Touch next to LF and bring the arms down next to your body with body roll
 - 3 RF Step forward
 - 4 LF Step to left side
 - & RF hitch R knee and make a pull movement with both arms from diagonally up to the chest
 - 5 RF Recover on right and arms stretch up again
 - & LF hitch L knee and make a pull movement with both arms from diagonally up to the chest
 - 6 LF Recover on left
 - 7& RF Hop with left leg up and turn $\frac{3}{4}$ turn left
 - 8 $\frac{1}{4}$ turn left and jump with both feet out to the sides
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