

Cappuccinno

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Betty Chen (TW) - August 2020
音樂: Cappuccino - Elva Hsiao (蕭亞軒)



****Intro: count 32 (from 00:20' with lyrics start to dance).***** -No Tag - 1 Restart.

Sec. 1. ROCK BACK, RECOVER, SHUFFLE FWD, FWD ROCK, RECOVER , TURN 1/4 CHASSE

1 2 Step R Back(1) , Recover on L(2)
3&4 Step R Forward (3), Step L Behind L (&), Step R Forward (4)
5 6 Step L Forward (5), Recover on R (6)
7&8 Turn L ¼ Step L to Left (7), Step R Beside L (&), Step L to Left (8)

Sec. 2. FWD CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS BEHIND, STEP SIDE, FWD CROSS, STEP SIDE,TURN R 1/2 SAILOR FWD, RECOVER WEIGHT ON L

1&2& Step R Cross Rock Over L (1), Recover on L (&), Step Rock R to R (2), Recover on L (&)
3&4 Step R to Cross Behind L (3), Step L to Left (&), Step R Cross Over L (4)
5 6&7 Step L to Left (5), Turn R 1/2 Sweep R Back (6), Step L to Left(&), Step R Forward (7)
8 Recover weight on L(8)

Sec. 3. STEP SIDE, TOUCH,STEP SIDE, TOUCH, HIP BUMPS RLR, HIP BUMPS LRL

1 2 Step R to R (1), Touch L to L (2)
3 4 Step L to L (3), Touch R to R (4)
5&6 Hip Bumps to R-L-R(5-&-6)
7&8 Hip Bumps to L-R-L(7-&-8)

Sec. 4. R CHASSE, TURN L 1/4 CHASSE, (FWD TOUCH HEEL, RECOVER STEP)*2, PIVOT TURN L 1/4

1&2 Step R to L (1) , Step L Beside R (&), Step R to R (2)
3&4 Turn L 1/4 Step L to L (3), Step R Beside L (&), Step L to L (4)
5&6& R Heel Forward Touch (5), Step R Beside L (&), L Heel Forward Touch (6), Step L Beside R (&)
7 8 Step R Forward (7), Turn L 1/4 Weight on L (8)

RESTART : After Count 16 on Wall 4 (facing on 6:00)

Enjoy the Dance!