

La Meva Sort

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Marta Zapatero (ES) - August 2024
音樂: La Meva Sort - Ginestà



Tags: 3 - walls 4-6-10

Intro: 32 counts.

[1-8] GRAPEVINE ¼ R W/TOUCH, ROCKING CHAIR LF

1 2 3 4 Step R foot to R side, cross L foot behind R foot, ¼ turn stepping R foot forward, touch L foot next R foot.
5 6 7 8 Rock L foot forward , recover weight on to R foot, rock L foot back , recover weight on to R foot. (03:00)

[9-16] GRAPEVINE L W/TOUCH, WALK RF FORWARD-HOLD, ½ TURN HOLD

1 2 3 4 Step L foot to L side(1), cross R foot behind L foot, step L foot to L side, touch R foot next to L foot.
5 6 7 8 Step R foot Forward, Hold, ½ turn L, Hold. (09:00)

[17-24] FORWARD WALK R-L-R, HITCH LF, BACKWARD L-R-L TOUCH RF.

1 2 3 4 Step fwd on R foot, Step fwd on L foot, Step fwd on R foot , Hitch L foot fwd.
5 6 7 8 Step back on L foot, Step back on R foot, Step back on L foot, touch R foot beside L foot. (09:00)

[25-32] V-STEP, HIP BUMPS x 4 R-L-R-L.

1 2 3 4 Step R foot forward to R diagonal, Step L foot to Left , Step R foot back, step L foot beside R foot.
5 6 7 8 Bump hip side R, Bump hips side L, Bump hip side R, Bump hips side L. (09:00)

TAG 1.

At the end of the Wall 4 facing (12:00). (8 counts)

[1-8] RF STEP TO R SIDE, LF TOUCH BESIDE RF, LF STEP TO LEFT SIDE, RF TOUCH BESIDE LF X 2

1 2 3 4 Step R foot to R side, touch L foot beside R foot, step L foot to L side, touch R foot beside L foot.
5 6 7 8 Step R foot to R side, touch L foot beside R foot, step L foot to L side, touch R foot beside L foot. (12:00)

Arm option for the above 8 counts while doing the side touch, side touch:

Counts 1,2 – Sway both arms above head to the right for two counts

Counts 3,4 – Sway both arms above head to the left for two counts

Counts 5,6 – Sway both arms above head to the right for two counts

Counts 7,8 – Sway both arms above head to the left for two counts

TAG 2.

At the end of the Wall 6 facing (06:00). (8 counts)

[1-8] OUT R ARM UP, HOLD , OUT L ARM, HOLD, CROSS THE ARMS, OUT ARMS DOWN, HOLD

1 2 3 4 Raise R arm to R diagonal, hold, Raise L arm to L diagonal, hold
5 6 7 8 Cross both arms over the chest, hold, lower both arms to the sides of the body, hold (06:00)

TAG 3

At the end of the Wall 10 facing (06:00). (16 counts)

[1-8] RF STEP TO R SIDE, LF TOUCH BESIDE RF, LF STEP TO LEFT SIDE, RF TOUCH BESIDE LF ¼ TURN L RF TO R SIDE, LF TOUCH BESIDE RF, ¼ TURN L LF FWD, TOUCH RF BESIDE LF.

1 2 3 4 Step R foot to R side, touch L foot beside R foot, step L foot to L side, touch R foot beside L foot

5 6 7 8 ¼ turn L Step R foot to R side, touch L foot beside R foot , ¼ turn L step L foot fwd, touch R foot beside L foot (12:00)

[9-16] OUT R ARM, HOLD, OUT L ARM, HOLD, CROSS THE ARMS, HOLD, LOWER BOTH ARMS, HOLD.

1 2 3 4 Raise R arm to R diagonal, hold, Raise L arm to L diagonal, hold

5 6 7 8 Cross both arms over the chest, hold, lower both arms to the sides of the body, raise R hand with the palm up (12:00)

I hope you enjoy this dance. For me, dancing is one of my lucks!

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Marta Zapatero Silver Line Dance.
