Espresso Macchiato

級數: Phrased High Improver

編舞者: Laura Bartolomei (FR) & Pim van Grootel (NL) - May 2025

音樂: Espresso Macchiato - Tommy Cash

Intro: 36 counts (start after the pause in the music)

Phrasing : A-B-Tag1-C-A-B-Tag2-C-B-B

拍數: 112

A: 32c

- [1 8] Cross, Hold, Rock step, Cross, Hold, Rock step
- 1 2 Cross RF over LF, Hold 12:00
- 3 4 Rock LF to L, Recover on RF 12:00
- 5 6 Cross LF over RF, Hold 12:00
- 7 8 Rock RF to R, Recover on LF 12:00

[9-16] Cross, Back, Extended weave

- 1 2Cross RF over LF, Step LF back 12:00
- 3 4Step RF to R, Cross LF over RF 12:00
- 5-6 Step RF tp R, Cross LF behind RF 12:00
- 7 8 Step RF to R, Cross LF over RF 12:00

[17 – 24] Scissor step hold 2x

- Step RF to R, Close LF together with RF 12:00 1 - 2
- 3 4 Cross RF over LF, Hold 12:00
- 5 6Step LF to L, Close RF together with LF 12:00
- 7 8 Cross LF over RF, Hold 12:00

[25 – 32] Step turn 2x, Together with arms

- 1 2Step RF forward (1), Turn 1/2 L finishing weight on LF 6:00
- 3 4 Step RF forward (1), Turn 1/2 L finishing weight on LF 12:00
- Close RF together with LF, Hold (counts 678) 12:00 5678

Arms Both arms going from the sides to above the head (counts 678) 12:00

B: 32c

[1-8] Heel 2x, Weave, Heel 2x, Weave

- 1 2 Dig RF heel in R diagonal, Repeat 12:00
- 3&4 Cross RF behind LF, Step LF to L, Cross RF over LF 12:00
- 5 6Dig LF heel in L diagonal, Repeat 12:00
- 7&8 Cross LF behind RF, Step RF to R, Cross LF over RF 12:00

[9 – 16] Charleston step, ¼ step, Full turn ball crosses

- 1 2 Touch RF forward, Step RF back 12:00
- 3 4Touch LF back, Step LF forward 12:00
- 5&6 Step RF forward making ¼ turn R, Step LF on ball together with RF, Cross RF over LF making 1/4 R 6:00
- &7 Step LF on ball together with RF, Cross RF over LF making 1/4 R 9:00
- &8 Step LF on ball together with RF, Cross RF over LF making 1/4 R 12:00

[17 – 24] Slide in diagonal, Close, Knee pop 2x, Slide in diagonal, Close, Knee pop 2x

- 1 2 Big step LF in L diagonal, Close RF together with LF 12:00
- 3 4 Make two knee pops 12:00
- 5-6 Big step RF in R diagonal, Close LF together with RF 12:00





牆數: 1

7 – 8 Make two knee pops 12:00

[25 – 32] Cross, Point, Cross, Kick, Cross, Unwind

- 1 2 Cross RF over LF, Touch LF to L 12:00
- 3 4 Cross LF over RF, Kick RF to R 12:00
- 5678 Cross RF over LF, Unwind full turn L (678) 12:00

C: 48c

	C: 48C	
	[1 – 8] Diagonal	Walk 2x, Triple step, Diagonal walk 2x, Triple step
	1 – 2	Step RF forward in R diagonal, Step LF forward in R diagonal 1:30
		s up, palms facing down, Turn both hands to R, Turn both hands to L
		Step RF froward in R diagonal, Step LF together with RF, Step RF froward in R diagonal 1:30
		s up, palms facing down, Turn both hands to R, Turn both hands to L, Turn both hands to R
		Turn ¼ to face L diagonal Step LF forward, Step RF forward 10:30
		s up, palms facing down, Turn both hands to L, Turn both hands to R
		Step LF forward, Step RF together with LF, Step LF forward 10:30
	Arms Both hand	s up, palms facing down, Turn both hands to L, Turn both hands to R, Turn both hands to L
	[9 – 16] ½ turn D	iagonal Walk 2x, Triple step, Rockstep, Cross shuffle
	1 – 2	Turn ½ Step RF forward in R diagonal, Step LF forward in R diagonal 4:30
	Arms Both hand	s up, palms facing down, Turn both hands to R, Turn both hands to L
	3&4	Step RF froward in R diagonal, Step LF together with RF, Step RF froward in R diagonal 4:30
		s up, palms facing down, Turn both hands to R, Turn both hands to L, Turn both hands to R
		Rock LF to L turning 1/8 R, Recover on RF 6:00
		Cross LF over RF, Step RF to R, Cross LF over RF 6:00
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		al Walk 2x, Triple step, Diagonal walk 2x, Triple step
		Step RF forward in R diagonal, Step LF forward in R diagonal 7:30
	Arms Both hand	s up, palms facing down, Turn both hands to R, Turn both hands to L
	3&4	Step RF froward in R diagonal, Step LF together with RF, Step RF froward in R diagonal 7:30
	Arms Both hand	s up, palms facing down, Turn both hands to R, Turn both hands to L, Turn both hands to R
	5 – 6	Turn ¼ to face L diagonal Step LF forward, Step RF forward 4:30
	Arms Both hand	s up, palms facing down, Turn both hands to L, Turn both hands to R
	7&8	Step LF forward, Step RF together with LF, Step LF forward 4:30
	Arms Both hand	s up, palms facing down, Turn both hands to L, Turn both hands to R, Turn both hands to L
[25 – 32] ½ turn Diagonal Walk 2x, Triple step, Rockstep, Cross shuffle		
		Turn ½ Step RF forward in R diagonal, Step LF forward in R diagonal 10:30
		s up, palms facing down, Turn both hands to R, Turn both hands to L
		Step RF froward in R diagonal, Step LF together with RF, Step RF froward in R diagonal
		10:30
Arms Both hands up, palms facing down, Turn both hands to R, Turn both hands to L, Turn both hands to		
	5 – 6	Rock LF to L turning 1/8 R, Recover on RF 12:00
		Cross LF over RF, Step RF to R, Cross LF over RF 12:00
	[33 – 40] Touch, Kick, Weave, Touch, Kick, Weave	
		Touch RF next to LF, Kick RF to R 12:00
		Cross RF behind LF, Step L to L, Cross RF over LF 12:00
		Touch LF next to RF,Kick LF to L 12:00
	7&8	Cross LF behind RF, Step RF to R, Cross LF over RF 12:00
	[41– 48] Stomp, Hold, Stomp, Hold, 4x walks in circle	
	• • •	Stomp RF in R diagonal, Hold 12:00
		Stomp LF in L diagonal, Hold 12:00
		Make a full circle walking RF-LF-RF-LF 12:00

TAG1

[1-8] Jazzbox 1/4 2x

- 1-2 Cross RF over LF, Turn ¼ R stepping LF back 03:00
- 3-4 Step RF to R, Cross LF over RF 03:00
- 5-6 Cross RF over LF, Turn ¼ R stepping LF back 06:00
- 7-8 Step RF to R, Cross LF over RF 06:00

[9-16] Jazzbox 1/4 2x

- 1-2 Cross RF over LF, Turn ¼ R stepping LF back 09:00
- 3-4 Step RF to R, Cross LF over RF 09:00
- 5-6 Cross RF over LF, Turn ¼ R stepping LF back 12:00
- 7-8 Step RF to R, Cross LF over RF 12:00

TAG2

[1-4] Jazzbox

Cross RF over LF, Step LF back 12:00
Step RF to R, Cross LF over RF 12:00

ENJOY & CIAO !