

Una Vida Contigo

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
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音樂: Contigo - Marta Santos



[1-8] STEP SIDE, CHASSE, ROCK BACK X2, TOE STRUT X2 L,R.

1&2 RF side R, LF next to RF, RF step R
3&4 LF cross back, recover RF, LF step L side
5&6 RF cross back , recover LF, RF step R side
7&8& LF toe fwd, LF drop heel, RF toe fwd , RF drop heel.

[9-16] STEP FWD ½ R, MAMBO CROSS X2, R, L, TOE STRUT X2 R,L.

1&2 LF step fwd, ½ R recover RF, LF step fwd
3&4 RF step R, recover LF, RF step cross over LF.
5&6 LF step L, recover RF, LF step cross over RF.
7&8& RF toe fwd, RF drop heel, LF toe fwd , LF drop heel.

[17-24] ROCK FWD ¼ R, ROCK FWD ¼ L, TRAVELING ¾ R.

1&2 RF step fwd , recover LF, ¼ R RF step fwd (9).
3&4 LF step fwd, recover RF, ¼ L LF step fwd (6).
5&6&7&8 RF step fwd 1/8 R, LF step fwd 1/8 R, RF cross over LF, LF step fwd 1/8, RF cross over LF,
 LF step fwd 1/8 , RF cross over LF (3).

Watch video for arms.

[25-32] BOTA FOGO X2 L, R, COASTER STEP FWD, R STEP BACK DRAG L.

1&2 LF cross ove RF, RF step R, recover LF.
3&4 RF cross ove LF, LF step L, recover RF.
5&6 LF step fwd, RF together LF, LF step back
7 8 RF step back, LF back heel together RF.

TAG: Wall 1 (3), Wall 3 (9) ,Wall 5 (6) Tag restart on 16 counts.

STOMP X2 R, L