

# Tabola Bale

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32      牆數: 4  
編舞者: Elva Fida - June 2025

級數: Beginner

音樂: TABOLA BALE (feat. Jacson Zeran, Juan Reza, Diva Aurel & Papa Adung) - Silet  
Open Up



Start dance on vocal  
No Tag and No Restart

## SEC 1 : KNEE IN OUT (R,L)

1 2      Step R to side while R knee in (drop your body), L in place while L knee in (drop your body)  
3&4      In place R while R knee in, R knee out, R knee in  
5 6      In place L while L knee in (drop your body), R in place while L knee in (drop your body)  
7&8      In place L while L knee in, L knee out, L knee in

## SEC 2 : PONY STEP (L, R) – COASTER STEP – STEP FORWARD – CLOSE

1&2      Rock L back, Recover on R, Recover on L  
3&4      Rock R back, Recover on L, Recover on R  
5&6      Step L back, Close R together L, Step L forward  
7 8      Long Step R forward, Close L together R

## SEC 3 : ¼ TURN RIGHT – CROSS SHUFFLE – ½ TURN LEFT – CROSS SHUFFLE – SIDE MAMBO

1&2      ¼ turn right cross R over L, Stel L to side, cross R over L  
3&4      ½ turn left cross L over L, Step R to side, cross L over R  
5&6      Rock R to side, Recover on L, Close R together L  
7&8      Rock L to side, Recover on R, Close L together R

## SEC 4 : PIVOT 1/2 TURN LEFT, FORWARD SHUFFLE (R,L), SWAY

1 2      Step R forward, ½ turn left L in place  
3&4      Step R forward, Close L together R, Step R forward  
5&6      Step L forward, Close R together L, Step L forward  
7 8      Sway R, L

Enjoy the Dance