

Nel Mare Cha

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Tanti Damayanti (INA) - July 2025
音樂: Nel sole nel mare (Cha cha cha) - Antonella Nuti



No Tag No Restart

Intro : 32 Counts

SECTION 1 - STEP BACK, FORWARD SHUFFLE, ¼ TURN RIGHT, CROSS SHUFFLE

1- 2-3 Step LF to L side, Cross RF backward Recover on LF
4&5 Step RF forward step LF next to RF Step RF forward
6-7 Step LF forward ¼ turn right to right side
8&1 Cross LF over RF, step RF to side cross LF over RF

SECTION 2 - ¼ TURN TRAVELLING WALK ¼ FORWARD SHUFFLE,

2 - 3 ¼ turn right Walk forward R-L (06.00)
4 & 5 ¼ turn right step RF forward step LF beside RF step RF forward (09.00)
6 - 7 ¼ turn right Walk forward R-L (12.00)
8 & 1 ¼ turn right step RF forward step LF beside RF step RF forward (03.00)

SECTION 3 - ROCK FORWARD, LOCK SHUFFLE

2 - 3 Step RF forward diagonal, Lock LF behind RF
4 & 5 Step RF lock shuffle forward
6 - 7 Step LF forward diagonal, Lock RF behind LF
8 & 1 Step LF lock shuffle forward

SECTION 4 - HIP BUMP PIVOT ½ TURN LEFT, BIG STEP BUMP

2 - 3 Hip bump step RF forward step RF in place
4 - 5 1/2 Turn left Hip bump step LF forward step LF in place
6 - 7 Step big side to right side dragging LF to right side weight on RF
& 8 Hip bump weight on L-R
