

Maria

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Gerina Aarhus (USA)
音樂: María - Ricky Martin



CROSS, STEP, CROSS BEHIND, POINT, LEFT AND RIGHT

- 1 Cross right over left
- 2 Step left to left
- 3 Cross right behind left
- 4 Point left to left
- 5 Cross left over right
- 6 Step right to right
- 7 Cross left behind right
- 8 Point right to right

SAMBA STEPS, RIGHT-LEFT-RIGHT-LEFT (INCLUDING ARMS)

Samba steps are primarily on the balls of your feet

- 1&2 Step right forward, step on ball of left foot close to right while scooting right foot slightly back, place weight on right foot
- 3&4 Step left forward, step on ball of right foot close to left while scooting left foot slightly back, place weight on left foot
- 5&6 Repeat steps 1&2
- 7&8 Repeat steps 3&4

Arms for right samba: bend right arm at elbow with hand at head level. Bend left arm across body with left hand, palm down, seeming to support right elbow. Reverse for left samba

POINT, STEP, RIGHT-LEFT-RIGHT-LEFT

- 1-2 Point right toe out to right and bring in front of left and step
- 3-4 Point left toe out to left and bring in front of right and step
- 5-6 Point right toe out to right and bring behind and step
- 7-8 Point left toe out to left and bring behind and step

ROCK, RECOVER, FORWARD SAMBAS RIGHT & LEFT, ¼ PIVOT TURN LEFT

- 1-2 Rock back on right, recover forward on left
- 3&4 Samba forward right-left-right
- 5&6 Samba forward left-right-left
- 7-8 Step forward on right and pivot ¼ left, step on left

REPEAT

ENDING

Last (4th) time facing front, after just 2 sambas, end with stomps right-left-right and then 3 quick hip-and-knee wiggles