

# Traces

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate/Advanced rumba  
編舞者: Peter Blaskowski (USA) & Beth Webb (USA)  
音樂: Traces - Gloria Estefan



## COASTER STEP, WALK TO SIDE BREAK

- 1-4 (QQS) Step left foot back, step right foot together, step left foot forward, hold  
5-6& (QQ&) Step right foot forward, rock left foot to side, recover weight to right foot  
7-8 (S) Step left foot together, hold

## WEAVE TO CROSSOVER BREAK, RETURN TO SIDE CHASSE

- 1-2 (QQ) Step right foot behind left foot, step left foot to side  
**Styling hint: To make it easier to step the right foot into the weave on the first Quick, start by pushing it out to the right and then doing a little side-to-back sweep to get it behind the left foot. You might also try pulling your right shoulder back slightly.**  
3-4 (S) Swivel  $\frac{1}{4}$  left (facing 9:00) on the ball of the left foot and step right foot forward, hold  
5 (Q) Shift weight onto left foot and turn  $\frac{1}{4}$  right (facing 12:00) on the ball of the left foot  
6&7-8 (Q&S) Step the right foot to the side, step left foot together, step right foot to the side, hold

## MARK TIME, SWAY TURN, SIT, UP, MOVE FORWARD

- 1-2 (QQ) Step left foot together, step right foot in place (still together)  
3-4 (S&) Step left foot to side, swivel  $\frac{1}{4}$  left (facing 9:00) on balls of both feet shifting weight to right foot  
5-6 (QQ) Bend right knee into sitting position, unbend right knee to standing position  
7-8 (S) Shift weight forward onto left foot, hold

## WALKS AND TURN, FLICK TO DEVELOPÉ

- 1-2 (QQ) Step right foot forward, step left foot forward  
3-4 (QQ) Step right foot forward, swivel  $\frac{1}{2}$  left (facing 3:00) on ball of right foot and step left foot together(!)  
5-6 (QQ) Flick right heel up and back, bring right ankle to side of left knee in a Figure 4  
7-8 (S) Straighten your right knee so the foot swings forward, hold

## FORWARD AND SIDE, 5TH POSITION BREAK

- 1-4 (QQS) Step right foot forward, step left foot forward, step right foot to side, hold  
5-8 (QQS) Step left foot behind right foot (5th position), step right foot in place, step left foot to side, hold

## CATWALKS TO CHECK

- 1-2 (S) Swivel  $\frac{3}{8}$  left (facing 10:30) on ball of left foot and step right foot forward, hold  
3-4 (S) Swivel  $\frac{1}{4}$  right (facing 1:30) on ball of right foot and step left foot forward, hold  
5-6 (QQ) Swivel  $\frac{1}{4}$  left (facing 10:30) on ball of left and step right foot forward, shift weight onto left foot  
7-8 (S) Turn  $\frac{1}{8}$  right to square up to front wall (facing 12:00) and step right foot to side, hold

## WALKAROUND TURN, 5TH POSITION BREAK

- 1-2 (QQ) Swivel  $\frac{1}{4}$  right (facing 3:00) and step left foot forward, swivel  $\frac{1}{2}$  right (facing 9:00) and shift weight onto right foot  
3-4 (S) Turn  $\frac{1}{4}$  right (facing 12:00) and step left foot to side, hold  
5-8 (QQS) Step right foot behind left foot (5th position), step left foot in place, step right foot to side, hold

## **THE WORLD'S SLOWEST COASTER STEP, ¼ TURN, CLOSE**

- 1-2 (S) Step left foot back, hold
- 3-4 (S) Step right foot together, hold
- 5-6 (S) Step left foot forward and turn ¼ right (facing 3:00), hold
- 7-8 (S) Step right foot together, hold

**REPEAT**

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