

Red Body Balance

COPPER KNOB
STEP SHEETS

Count: 16

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Red Linda (KOR) - July 2024

Musik: Fixing Me Breaking You - River Atley



Intro: 8 Counts, 1 Restart / 1Tag

*Restart - Wall 4 8count (3:00) *Tag - Wall 10 4count (12:00)

SEC 1: Back Rock, Recover x2, Walk x2, Rock, Recover.

1-4 Rf Back rock, recover weight on Lf, Rf Back rock, Close

(back rock with your eyes and right arm facing 6:00)

5-6 Rf Walk, Lf Walk

7-8 Rf Rock forward, recover weight on Lf

*Restart 4wall, facing 3:00

SEC 2: Side Rock, Recover x2, Close, 3/4 Walk Around.

1-4 Rf Side rock, recover, Rf Side rock, Close Rf next to Lf

5-6 Turn 1/4 right step right forward(3:00), turn 1/4right step left forward (6:00)

7-8 Turn 1/4 right step right forward(9:00), step left forward Close to Rf

TAG : Fwd Rock, Recover, Side Rock, Recover. (12:00)

1-2 Rf fwd rock, recover weight on Lf

3-4 Rf side rock, rocover weight on Lf

*Ending : Wall 12(6:00) - SEC 2. count 5-8 1/2 Walk around(12:00)

*For left and right body balance

It's a step sheet. Enjoy it safely

have fun!!

좌우 바디밸런스를 위한 스텝시트입니다. 안전하고 건강하게 즐기세요.

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