

Careless Whisper Disco

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate

编舞者: Antoinette John (AUS) - August 2014

音乐: Careless Whisper (Pacha Sax Mix) (feat. Natalie Marchenko) - Disco Gang :
(Album: #1Club Hits 2010)



Restarts: 2 - on 3rd wall and 7th wall. Count In: 32 beats - weight on left foot.

RIGHT SIDE, ROCK, CROSS SHUFFLE, LEFT SIDE, ROCK, CROSS SHUFFLE (12)

1,2,3&4 Step R to side, side rock on L, Cross Shuffle: Step R across L, step L tog, step R across L
5,6,7&8 Step L to side, side rock on R, Cross Shuffle: Step L across R, step R tog, step L across R.

RIGHT SIDE, ROCK, SAILOR STEP, SAILOR STEP, BACK, ROCK □□

1,2,3&4 Step R to side, side rock on L, Sailor Step: Step R behind L, step L to the side, step R to the side
5&6,7,8 Sailor Step: Step L behind R, step R to the side, step L to the side, step back on R, recover on L.

FORWARD, ROCK, ½ TURN RIGHT, HOLD, FULL TURN RIGHT, STEP, HOLD (6)

1,2,3,4 Step fwd on R, rock back on L, Turn 180 deg right step fwd on R, hold
5,6,7,8 Full turn: Turn 180 deg right on L, turn 180 deg right on R, step forward on L, hold.

FORWARD, HITCH, BACK, HOLD, COASTER STEP, TOGETHER

1,2,3,4 Step R fwd., hitch L, step back on L, hold
5,6,7,8 Coaster step: Step R back, step L together, step R fwd., step L together.

SIDE, TOGETHER, SHUFFLE FORWARD, SIDE, TOGETHER, SHUFFLE FORWARD

1,2,3&4 Step R to side, step L together, Shuffle fwd: step R fwd, step L tog, step R fwd
5,6,7&8 Step L to side, step R together, Shuffle fwd: step L fwd, step R tog, step L fwd.

FORWARD, KICK, BACK, KICK, COASTER STEP, HOLD

1,2,3,4 Step R fwd, kick L fwd, step L back, kick R fwd
5,6,7,8 Coaster step: Step R back. step L together, step R fwd, hold.

TURN ¼ LEFT BACK, LOCK, BACK, HOOK, FORWARD, LOCK, FORWARD, HOLD (3)

1,2,3,4 Turning 90 deg left step back on L, step R across L, step back on L, hook R to knee
5,6,7,8 In 45 deg angle right: Step R fwd, step L behind R, step R fwd, hold.

FORWARD, LOCK, FORWARD, HOLD, ROCKING CHAIR

1,2,3,4 In 45 deg angle left: Step L fwd, step R behind L, step L fwd, hold
5,6,7,8 Rocking Chair: Step R fwd, rock back on L, step R back, rock fwd on L.

RESTARTS: After 32 Beats on Wall 3 (12 o'clock) and Wall 7 (3 o'clock).

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