

Cookies and Cream

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Phrased Low Intermediate
编舞者: Aric Lemieux (USA) - September 2014
音乐: Cookies and Cream - Veronica Ballestrini : (Album: Flip Side)



#32 Count Intro - Sequence: AAB AACA AAB AAC AAB AACA

Part A – 32 counts

Chasse Right, Left Rock Behind, Recover, Chasse Left, Right Rock Behind, Recover

1&2 Step right to right, step left together, step right to right
3, 4 Step left behind right, recover weight to right
5&6 Step left to left, step right together, step left to left
7, 8 Step right behind left, recover weight to left

Step Right, Hitch Left & Scoot, Step Left, Hitch Right & Scoot, Rocking Chair

1, 2 Step forward right, hitch left while hopping forward on right foot
3, 4 Step forward left, Hitch right while hopping forward on left foot
5, 6 Rock forward on right, recover weight to left
7, 8 Rock back on right, recover weight to left

Triple Step 1/4 Turn Left, Rock Left Behind Recover, 3/4 Turn Right, Shuffle LRL

1&2 Step right forward to 12:00, bring left together turning 1/4 left, step right to right
3, 4 Step left behind right, recover weight to right
5 1/4 turn right stepping back on left (12:00)
6 1/2 turn right stepping forward on right (6:00)
7&8 Step left forward, step right together, step left forward

Step Right, Hold, Step Left, Hold, *Weight Changes Right, Left, Right, Left*

1, 2 Step right forward/out, hold
3, 4 Step left slightly to the side, hold
5,6,7,8 Change weight to right foot, change weight to left foot, change weight to right foot, change weight to left foot.

Dancer's Option: Hip rolls, sways, whatever makes the movement expressive!

Part B: 4 counts

Make 1/4 Pivot Turn Left, 1/4 Pivot Turn Left

1, 2 Step right forward, turn 1/4 left changing weight to the left
3, 4 Step right forward, turn 1/4 left changing weight to the left

Part C: 12 counts

Chasse Right, Rock, Recover, Chasse Left, Rock, Recover

1&2 Step right to right, step left together, step right to right
3, 4 Step left behind right, recover weight to right
5&6 Step left to left, step right together, step left to left
7, 8 Step right behind left, recover weight to left

Make 1/4 Pivot Turn Left, 1/4 Pivot Turn Left

1, 2 Step right forward, turn 1/4 left changing weight to the left
3, 4 Step right forward, turn 1/4 left changing weight to the left

Contact: aric@soundtrainmusic.com

