

Sand In My Pockets

COPPER **NOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Rosalee Musgrave (USA) - October 2014
音乐: Mexicoma - Bucky Covington : (iTunes)



INTRO: 16 COUNTS - No Tags or Restarts □□

MAMBO BASIC

1 – 4 Rock left forward, Recover back on right, Step left together, Hold
5 – 8 Rock right back, Recover forward on left, Step right together beside left, Hold

STEP FORWARD, TURN ½, TURN ½, HOLD, WALK BACK 3 STEPS, SWEEP

1 – 2 Step left forward, turn ½ right (transferring weight to right) (6:00)
3 – 4 Turn ½ right stepping back on left, Hold □ (12:00)
5 – 8 Walk back Right, Left, Right, Sweep left from front to back

WEAVE BEHIND, SIDE, CROSS, SWEEP, WEAVE FRONT SIDE BEHIND, SWEEP

1 – 4 Step left behind right, Step side right, Cross left over right, Sweep right to front
5 - 8 Cross right over left, Step side left, Step right behind left, Sweep left from front to back

ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER, TRIPLE FORWARD

1 – 2 Rock left back, Recover right in place (12:00)
3 & 4 Chasse - left side, right together beside left, Step left side
5 – 6 Rock right back, Recover forward on left
7 & 8 Triple forward – R, L, R

STEP FORWARD, TURN ½ RIGHT, STEP FORWARD, HOLD, TURN ½ LEFT, ½ LEFT, STEP FWD, HOLD

1 – 4 Step left forward, Turn ½ right, Step forward left, Hold (Prep left) (6:00)
5 – 8 Turn ½ left stepping back on right (12:00), Turn ½ left stepping right forward, hold (6:00)

STEP FORWARD, TURN ¼ RIGHT, CROSS, HOLD, STEP SIDE, CROSS, SIDE, HOLD

1 – 4 Step left forward, turn ¼ right, cross left over right, Hold (9:00)
5 – 8 Step right side, Cross left over right, Step right side, Hold

ROCK BACK, RECOVER, CHASSE LEFT, ROCK BACK, RECOVER, TRIPLE FORWARD

1 – 2 Rock left back, Recover forward on right
3 & 4 Chasse – side left, right together beside left. Step side left
5 – 6 Rock right back, Recover forward on left
7 & 8 Triple forward – R, L, R

STEP FORWARD, TURN ½, STEP FORWARD, HOLD, MAMBO SIDE, HOLD

1 – 4 Step left forward, Turn ½ right, Step forward left, Hold (3:00)
5 – 8 Rock right side, Recover on left, Close right beside left, Hold

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