

Say My Name

COPPER **NOB**
BY STEPHEN

拍数: 36 墙数: 2 级数: Beginner
编舞者: Gary Lafferty (UK) - November 2014
音乐: Eternal Flame - Atomic Kitten : (iTunes)



[No Tags & No Restarts]

RIGHT MAMBO FORWARD, LEFT MAMBO BACK; ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1&2 Rock forward on Right foot, recover weight back onto Left, step back on Right foot
3&4 Rock back on Left foot, recover weight onto Right foot, step forward onto Left foot
5-6 Rock forward on Right foot, recover weight back onto Left foot
7&8 Triple step ½ turn over Right shoulder stepping on Right, Left, Right

LEFT MAMBO FORWARD, RIGHT MAMBO BACK; ROCK FORWARD, RECOVER, SHUFFLE ¾ TURN

1&2 Rock forward on Left foot, recover weight back onto Right, step back on Left foot
3&4 Rock back on Right foot, recover weight onto Left foot, step forward onto Right foot
5-6 Rock forward on Left foot, recover weight back onto Right foot
7&8 Triple step ¾ turn over Left shoulder stepping on Left, Right, Left

RIGHT SIDE-ROCK, RECOVER, CROSS-SHUFFLE; LEFT SIDE-ROCK, RECOVER, WEAVE with ¼ TURN RIGHT

1-2 Rock to Right on Right foot, recover weight onto Left foot
3&4 Cross-step Right foot over Left, step to Left on Left foot, cross-step Right foot over Left
5-6 Rock to Left on Left foot, recover weight onto Right foot
7&8 Cross-step Left foot behind Right, turn ¼ Right stepping forward onto Right foot, step forward on Left foot

ROCK FORWARD, RECOVER, RIGHT SHUFFLE BACK; ROCK BACK, RECOVER, SHUFFLE ½ TURN

1-2 Rock forward on Right foot, recover weight back onto Left foot
3&4 Step back on Right foot, step on Left foot beside Right, step back on Right foot
5-6 Rock back on Left foot, recover weight onto Right foot
7&8 Triple back ½ turn over Right shoulder stepping on Left, Right, Left

ROCK BACK, RECOVER, RIGHT KICK-BALL-STEP

1-2 Rock back on Right foot, recover weight onto Left foot
3&4 Kick Right forward, step down onto Right foot, step forward on Left foot

START AGAIN!
