

A Brighter Day

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: Irene Tang (HK) - January 2015
音乐: A Brighter Day (Andithessis) - Helena Paparizou : (iTunes)



Count In: Start on Lyrics (app. 14 secs into track)

SEC 1: □3 WALK, HITCH, 3 BACK, HITCH

- 1 – 4 Walk RF, LF, RF, Hitch L knee (contracting upper body)
- 5 – 8 Back LF, RF, LF, Hitch R knee (contracting upper body)

SEC 2: □SIDE CLOSE SIDE DRAG, SIDE CLOSE SIDE DRAG

- 1 – 2 Step RF to R, Close LF to RF
- 3 – 4 Step RF to R, Drag LF towards RF
- 5 – 6 Step LF to L, Close RF to LF
- 7 – 8 Step LF to L, Drag RF towards LF

SEC 3: □WEAVE, CROSS ROCK RECOVER SIDE HOLD

- 1 – 2 Cross RF in front of LF, Step LF to L
- 3 – 4 Cross RF behind LF, Step LF to L
- 5 – 6 Cross RF in front of LF, Recover weight to LF
- 7 – 8 Step RF to R, Hold

SEC 4: □WEAVE, CROSS ROCK RECOVER SIDE HOLD

- 1 – 2 Cross LF in front of RF, Step RF to R
- 3 – 4 Cross LF behind RF, Step RF to R
- 5 – 6 Cross LF in front of RF, Recover weight to RF
- 7 – 8 Turn 1/4 to left stepping LF fwd, Hold (9:00)

Repeat & Enjoy

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