

Hello!

COPPER **NOB**
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ann-Kristin Sandberg (NOR) - June 2015
音乐: Hello (feat. Fly Project) - Mandinga : (iTunes)



INTRO: 32 Counts (44 sec)

SIDE-TOGETHER-SHUFFLE FORW-SIDE-TOGETHER-SHUFFLE FORW

1-2 Step Right to Right side, Step Left beside Right
3&4 Step Right forw, Step Left next to Right, Step Right forw
5-6 Step Left to Left side, Step Right next to left
7&8 Step Left forw, Step Right next to Left, Step Left forw

ROCK RECOVER-TOE STRUTS BACK x 2-ROCK RECOVER

1-2 Step Right forw, Recover onto Left
3-4 Touch Right toe backw, Heel down
5-6 Touch Left toe backw, Heel down
7-8 Step Right back, Recover onto Left

SIDE RECOVER-1/4 TURN L SIDE RECOVER-FORW-POINT-FORW-POINT

1-2 Step Right to Right side, Recover onto Left
3-4 ¼ turn Left stepping Right to Right side, Recover onto Left (09)
5-6 Step Right forw, Point left to Left side
7-8 Step Left forw, Point Right to Right side

ROCK RECOVER-1/2 TURN R SHUFFLE FORW-ROCK RECOVER-BACK-TOUCH

1-2 Step Right forw, Recover onto Left
3&4 ½ turn Right stepping Right forw, Step Left next to Right, Step Right forw (03)
5-6 Step Left forw, Recover onto Right
7-8 Step Left back, Touch Right next to Left

ENJOY!

(Can be used as a floor split to Casa Musica)

Contact: anne88@online.no
