

My Emergency

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Don Carleton (USA) - October 2015
音乐: Emergency - Icona Pop



Intro: 16 counts

S1: SIDE TOGETHER, SHUFFLE ¼ TURN, ROCK FORWARD, RECOVER, SHUFFLE ½ TURN

1,2, 3&4 Step right to right side, step left together, shuffle ¼ turn right (3:00)
5,6, 7&8 Rock forward on left, recover to right, shuffle ½ turn left (9:00)

S2: FORWARD ROCK, SHUFFLE ½ TURN, FORWARD ROCK, COASTER CROSS

1,2, 3&4 Rock forward on right, recover to left, shuffle ½ turn right (3:00)
5,6, 7&8 Rock forward on left, recover to right, step back on left, step right together, cross left over right

S3: STEP, TOUCH, STEP TOUCH, SHAKE IT

1,2 Step right to right forward diagonal, touch left next to right
3,4 Step left to left forward diagonal, touch right next to left
5-8 Shake your hips, right, left, right, left (weight to left)

S4: SHUFFLE SIDE RIGHT, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE, ¼ TURN SHUFFLE SIDE

1&2 Shuffle to right side, right, left, right
3&4 Turn ¼ turn left shuffle left to left side (12:00)
5&6 Turn ¼ turn left shuffle right to right side (9:00)
7&8 Turn ¼ left shuffle left to left side (6:00)

S5: TOUCH TOE, TOUCH HEEL, TOUCH TOE, TOUCH HEEL, CROSS, BACK, SHUFFLE SIDE

1,2,3,4 Touch right toe next to left, touch right heel to right diagonal, repeat
5,6, 7&8 Cross right over left, step left back, shuffle to right side

S6: TOUCH TOE, TOUCH HEEL, TOUCH TOE, TOUCH HEEL, CROSS, BACK, ¼ TURN SHUFFLE

1,2,3,4 Touch left toe next to right, touch left heel to left diagonal, repeat
5,6, 7&8 Cross left over right, step back on right, shuffle ¼ turn to left (3:00)

S7: TOE STRUT, TOE STRUT, ½ PIVOT TURN, ½ PIVOT TURN

1,2,3,4 Touch right toe forward, drop heel, touch left toe forward drop heel, repeat (drop hands)
5,6,7,8 Step forward right, pivot ½ turn left (weight to left), step forward right, pivot ½ turn left (weight to left)

S8: STEP POINT, STEP, POINT, ¼ TURN JAZZ BOX WITH CROSS

1,2,3,4 Step right forward, point (touch) left to left side, step forward on left, point (touch) right to right side
5,6,7,8 Cross right over left, step back on left, turn ¼ turn right step right to right side, cross left over right (6:00)

Smile and Begin Again