

Eat & Sleep?

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
编舞者: Jane Nilsson (SWE) - October 2015
音乐: Eat Sleep Love You Repeat - Rodney Atkins : (CD: Greatest Hits, iTunes)



#16 counts intro, 112 BPM

S1:[1-8] CHASSÉ, ROCK STEP, TOE STRUT LEFT AND RIGHT

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock step left backwards, recover onto right foot
5-6 Touch left toe forward, step down (with hip moves)
7-8 Touch right toe forward, step down (with hip moves)

S2:[1-8] CHASSÉ, ROCK STEP, TOE STRUT RIGHT AND LEFT

1&2 Step left to left side, step right beside left, step left to left side
3-4 Rock step right backwards, recover onto left foot
5-6 Touch right toe forward, step down (with hip moves)
7-8 Touch left toe forward, step down (with hip moves)

RESTART ON THIRD WALL FACING 12 O'CLOCK

S3:[1-8] MONTEREY ¼ TURN RIGHT, JAZZBOX

1-2 Point right toe to right side, turn ¼ right stepping right beside left foot
3-4 Point left toe to left side, step left beside right foot
5-6 Cross right foot in front of left, step back on left foot
7-8 Step right to right side, small step forward on left foot

S4:[1-8] ¼ STEP TURN, HEEL SWIVEL, ½ STEP TURN, HEEL SWIVEL

1-2 Step forward on right foot, ¼ turn left (weight on left foot)
3-4 Swivel both heel to right and back to center
5-6 Step forward on right foot, ½ turn left (weight on left foot)
7-8 Swivel both heel to right and back to center

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