

And Let's Get It On

COPPER **NOB**
BY STEPHEN

拍数: 48 墙数: 4 级数: Beginner
编舞者: Marie Griggs (UK) - January 2016
音乐: Marvin Gaye (feat. Meghan Trainor) - Charlie Puth



S1: SKATE RIGHT, SKATE LEFT, RIGHT SHUFFLE, SKATE LEFT, SKATE RIGHT, LEFT SHUFFLE

1-2 Slide R Foot Out, Slide L Foot Out
3&4 Step R to R Side, Step L Beside R, Step R to R Side
5-6 Slide L Foot Out, Slide R Foot Out
7&8 Step L to L Side, Step R Beside L, Step L to L Side

S2: RIGHT STEP LOCK FWD, RIGHT STEP LOCK, RIGHT STEP, LEFT STEP LOCK FWD, LEFT STEP LOCK, LEFT STEP

1-2 Right Step Fwd Slight Right, Left Step Behind Right
3&4 Right Step Fwd Slight Right, Left Step Behind Right, Right Step Fwd
5-6 Left Step Fwd Slight Left, Right Step Behind Left
7&8 Left Step Fwd Slight Left, Right Step Behind Left, Left Step Fwd

S3: FORWARD & BACK BASIC CHA CHA

1-2 Rock R Forward, Recover Onto L
3&4 Back Cha Cha On RLR
5-6 Rock L Back, Recover Onto R
7&8 Forward Cha Cha On LRL

S4: FORWARD, PIVOT ½ TURN LEFT, TRIPLE ½ TURN LEFT, BACK ROCK, FORWARD CHA CHA

1-2 Step R Forward, Pivot ½ Turn L
3&4 Triple ½ Turn L On RLR
5-6 Rock L Back, Step Forward Onto R
7&8 Forward Cha Cha On LRL

S5: SIDE ROCK RECOVER, BEHIND SIDE CROSS, 2 TIMES

1-2 Rock R to R Side, Recover Onto L
3&4 Step R Behind L, Step L To L Side, Cross Step R Over L
5-6 Rock L to L Side, Recover Onto R
7&8 Step L Behind R, Step R To R Side, Cross Step L Over R

S6: RIGHT VINE, TOUCH, ¾ TURN LEFT ROLLING VINE, TOUCH

1-4 Step R to R Side, Step L Behind R, Step R to R Side, Touch L Next to R
5-8 ¼ Turn L Stepping L Fwd, ¼ Turn L Step R to R Side, ¼ Turn L Stepping L to L Side, Touch R Next to L

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