

Blow Your Mind

COPPER KNOB
BY STEPHEN

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Dwight Meessen (NL) - November 2016
音乐: Blow Your Mind (Mwah) - Dua Lipa : (Album: Blow Your Mind - Mwah)



Intro: 8 counts

S1: Side, Behind Side Cross, Side, ¼ L Side x2, Sailor ¼ L

1-2&3 RF step side, LF cross behind, RF step side, LF cross over
4-6 RF step side, LF ¼ left step side, RF ¼ left step side
7&8 LF ¼ left cross behind, RF step beside, LF step side [9]

S2: Cross-Point x2, Sync. Jazz Box Cross ¼ R, ⅛ R Hitch

1-4 RF step across, LF point side, LF step across, RF point side
5-6&7 RF cross over, LF ¼ right step back, RF step beside on ball foot, LF cross over
8 RF ⅛ right hitch [7.30]

S3: ⅛ R Fwd, Fwd, Shuffle Fwd, Rock Fwd Recover, Ball Pivot ½ L

1-2 RF ⅛ right step forward, LF step forward
3&4 RF step forward, LF step beside, RF step forward
5-6 LF rock forward, RF recover
&7-8 LF step beside on ball foot, RF step forward, R+L ½ turn left [3]

S4: Full Turn L, Shuffle Fwd, Rock Fwd Recover, Coaster Cross

1-2 RF ½ left step back, LF ½ left step forward
3&4 RF step forward, LF step beside, RF step forward
5-6 LF rock forward, RF recover
7&8 LF step back, RF together, LF cross over [3]

S5: Side, Touch, Kick Ball Cross, Side, ¼ R Side Rock Recover, Hitch Across

1-2 RF step side, LF touch beside
3&4 LF kick forward, LF step beside on ball foot, RF cross over
5 LF step side
6-7 RF ¼ right rock side, LF recover
8 RF hitch across [6]

S6: Rolling Vine, Touch, Rolling Vine Into ¼ L Shuffle Fwd

1-4 RF ¼ right step forward, LF ½ right step back, RF ¼ right step side, LF point side
5-6 LF ¼ left step forward, RF ½ left step back
7&8 LF ½ left step forward, RF step beside, LF step forward [3]

S7: Rock Fwd Recover, Coaster, Pivot ½ R, Fwd, Hitch

1-2 RF rock forward, LF recover
3&4 RF step back, LF together, RF step forward
5-6 LF step forward, L+R ½ turn right
7-8 LF step forward, RF hitch [9]

Start again

iTunes: Album: Now That's What I Call Music 95. No 36

Restart: Dance the 5th wall up to and including count 40 (count 8 of the 5th section) and start again

