

In My Bones

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Amanda Rizzello (FR) - January 2017
音乐: In My Bones - Ron Pope



(1-8) STEP SWEEP, CROSS, STEP SWEEP, BEHIND SIDE CROSS, ROCK STEP, SIDE ROCK STEP, ¼ TURN STEP

1-2& RF forward, with L sweep , LF cross over R , RF to side R
3-4& LF backward with R sweep ,RF behind left, LF to side left
5-6& RF cross over left, recover on left, RF to side right
7-8& LF cross over right, recover on right , ¼ turn left LF forward

(9-16) WALK X2,MAMBO STEP , ½ TURN,FULL TURN,SWAY X2

1-2 RF walk, LF walk
3&4 RF forward, recover on left ,RF backward
5-6& ½ turn left LF forward , ½ turn left RF backward , ½ turn left, LF forward
7-8 Sway Right (RF to side),sway Left (recover on left)

(17-24) DIAMONDS FALLAWAY, TOUCH BEHIND 3/8 TURN

1-2& RF to side right, 1/8 turn left LF backward, RF backward
3-4& 1/8 turn left , LF side left, 1/8 turn left RF forward, LF forward
5-6& 1/8 turn right, RF side right , 1/8 turn left LF backward RF backward
7-8 Touch L behind , 3/8 turn L(recover on L) 3:00

(25-32) BASIC NIGHT-CLUB, ¼ TURN ROLLING VINE,ROCK STEP ,1/4 TURN STEP,CROSS,SPIRAL

1-2& RF side right, LF beside right ,RF cross over left
3-4& ¼ turn left LF forward , ½ turn left RF backward, ¼ turn left LF side left
5-6& RF cross over left, recover on left , ¼ turn right RF forward
7-8 LF cross over right, spiral full turn (weight on left) 6:00

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