

You Beat Me To The Punch

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 2 级数: Easy Intermediate
编舞者: DJ Dan (NL) & Sofia (NL) - February 2017
音乐: You Beat Me To the Punch - Mary Wells : (Single - iTunes)



Intro: 8 counts, start on vocals

S1: LONG SIDE STEP RIGHT, DRAG, RIGHT CROSS SHUFFLE, BACK ROCK WITH HIP PUSH, SHUFFLE FORWARD

1-2 Long step Right to right side, Drag Left up to Right
3&4 Cross Right over Left, Step Left to left side, Cross Right over Left
5-6 Step slightly back on Left pushing hips back, Recover onto Right pushing hips forward
7&8 Shuffle forward stepping Left, Right, Left

S2: ROCKING CHAIR, STEP FORWARD, PIVOT 1/2 TURN LEFT, 2 x 1/2 TURN LEFT

1-2 Rock forward on Right, recover onto Left
3-4 Rock back on Right, recover onto Left
5-6 Step Right forward, Pivot ½ turn left (6)
7-8 Make ½ turn left stepping back on Right (12), Make ½ turn left stepping forward on Left (6)

S3: TOUCH TOE FORWARD, TOUCH TOE RIGHT SIDE, SAILOR STEP 1/4 TURN RIGHT, L CROSS SAMBA, R CROSS SAMBA

1-2 Touch right Toe forward, touch right Toe to right side
3&4 Cross Right behind Left, Step Left ¼ turn right (9), Step Right forward
5&6 Cross Left over Right, Rock Right to right side, Recover onto Left
7&8 Cross Right over Left, Rock Left to left side, Recover onto Right

S4: STEP FORWARD LEFT, PIVOT 1/2 TURN RIGHT, SHUFFLE 1/2 TURN RIGHT, STEP FORWARD LEFT, PIVOT 1/2 TURN RIGHT, LOCK STEP FORWARD

1-2 Step forward Left, Pivot ½ turn right (3),
3&4 Shuffle ½ turn right stepping Right, Left, Right (9)
5-6 Step forward Left, Pivot ½ turn right (3)
7-8 Step Left forward, Lock Right behind Left, Step Left forward

S5: DIAGONAL STEP FWD, TOUCH TOE, DIAGONAL STEP FWD, TOUCH TOE, CROSS, UNWIND 5/8 TURN LEFT, BEHIND – SIDE – CROSS

1-2 Step Right forward on right diagonal, Touch left Toe next to Right click fingers with both hands
3-4 Step Left forward on left diagonal, Touch right Toe next to Left click fingers with both hands
5-6 Cross Right over Left, Make 5/8 turn left (6) weight on Right
7&8 Sweep Left behind Right, Step Right to right side, Cross Left over Right

Tag after wall 2 (12) and wall 4 (12)

STEP SIDE, TOUCH, STEP SIDE, TOUCH, PIVOT 1/2 TURN LEFT x 2

1-2 Step Right to right side, Tap left Toe crossed behind Right
3-4 Step Left to left side, Tap right Toe crossed behind Left
5-6 Step forward Right, Pivot ½ turn left
7-8 Step forward Right, Pivot ½ turn left

Restart the Dance from beginning (12)

Ending : On the last wall dance up to count 34, then make 3/8 turn left stepping forward on Left, Step Right next to Left (12)

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