

The Mack

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Trevor Thornton (USA) & Will Craig (USA) - May 2017
音乐: The Mack (feat. Mark Morrison & Fetty Wap) - Nevada



Count In: 16 ct (begin on lyrics)

Notes: 2 restarts (Walls 3 & 8)

[1 – 8] □ R KICK BALL CROSS, R SIDE STEP, HEEL TURNS ¼ L, L COASTER STEP, R SAMBA STEP □

1 & 2 Kick R fwd (1), step down on R (&), cross L over R (2) □ 12

3 & 4 Step R to R (3), turn L heel in to the R (&), turn R heel out to R making a ¼ turn L (4) □ 9

5 & 6 Step back on L (5), step R next to L (&), step fwd on L (6) □ 9

7 & 8 Cross R over L (7), rock L to L (&), recover R to R (8) □ 10:30

Styling □ Samba step should end facing the fwd R diagonal □

[9 – 16] □ HALF DIAMOND, BACK PADDLE L X2, FWD PADDLE L X2 □

1 & 2 Cross L over R (1), make 1/8 turn L stepping R back (&), step L back (2)

3 & 4 Step R behind L making 1/8 turn L (3), step L to L side (&), step R fwd making 1/8 turn L (4)

5 - 6 With weight on R, paddle back L making 1/4 turn L (5), with weight on R, paddle back L making 1/4 turn L ending with weight on L (6)

7 - 8 With weight on L, paddle fwd R making 1/8 turn L (7), with weight on L, paddle fwd R making 1/8 turn L (8)

Restarts:- □

Wall 3, you will Restart after 16 counts facing 12:00.

Wall 8, you will Restart after 16 counts facing 6:00. □

[17 – 24] □ VAUDEVILLE R, CROSSING SHUFFLE, ¼ TURN, PRESS RECOVER & HEEL SWIVEL X2 □

1 & 2 Cross R over L (1), step L to L (&), R heel fwd (2) □ 6

&3&4 Step down on R (&), cross L over R (3), step R to R (&), cross L over R (4) □ 6

5 - 6 Make ¼ turn R pressing fwd on R (5), recover weight to L (6) □ 9

&7&8 Step R next to L (&), step L fwd (7), swivel both heels to the left (&), Swivel both heels to center (8) □ 9

[25 – 32] □ FORWARD ROCK R, RECOVER L, ½ TURN TRIPLE R, ¼ R TURN, HOLD, ¾ TURN R, STEP L □

1 - 2 Rock fwd on R (1), recover weight on L (2) □ 9

3 & 4 Making a ½ turn R, step fwd on R (3), step L next to R (&), step fwd on R (4) □ 3

5 - 6 Make ¼ turn R, stepping out with L (5), hold (6) Option: Heel pops on counts 5-6 □ 6

7 & 8 Make ¾ turn over R shoulder, stepping fwd on R (7), step fwd on L (8) □ 3

Email: TrevorT17@yahoo.com - EmpireDance@aol.com