

Beautiful Trauma

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Beautiful Trauma - P!nk



[1-8] SIDE ROCK CROSS, SIDE ROCK CROSS, CROSS STEP, STEP LOCK STEP BACK

1&2 Rock step R to R, & replace weight onto L, cross R over L
3&4 Rock step L to L, & replace weight onto R, cross L over R
5,6 Cross R over in front of L, step back onto L
7&8 Step back onto R, cross step L in front of R, step back onto R (Lock)(12.00)

[9-16] &SKIP L BACK TOGETHER, WALK FORWARD, RIGHT, LEFT, RIGHT, LEFT

&1,2 & Step L back to R, Walk forward, Right, Left
3,4 Walk forward, Right, Left
5,6 Big step back on R, dragging L to R
&7,8 & Step onto L, step forward R, L. (12.00)

[17-20] ¼ TURN LEFT, CROSS SHUFFLE, RIGHT, LEFT, RIGHT

1-2 Step forward onto R, turning ¼ Left
3&4 Cross Shuffle, RLR (9.00)

[21-24] ¼ TURN BACK, ½ TURN RIGHT, ROCK FWD, L, REPLACE WEIGHT R

5,6 Stepping back ¼ on L, step R forward ½ turn Right
7,8 Rock Forward onto L replace weight onto R (6.00)

[25-32] ROCK FORWARD, BACK. TOE UNWIND LEFT ¾ POINT R STEP ACROSS, POINT L, STEP ACROSS SWAY HIPS RIGHT, LEFT

1-2 Left Toe behind, unwind ¾ Left (9.00)
3-4 Point R toe to R, step R across L,
5-6 Point L toe to L, step L across R
7-8 Sway Hips Right, Sway hips Left

TAG: At the end of wall 4, add 8 count tag, facing 12.00 , Restart at 12.00

1&2 Right Side Rock Cross
3&4 Left Side Rock Cross
5&6 Right Mambo forward
7&8 Left Mambo back

Enjoy