

I'm Your Beast

COPPERKNOB
BY STEPHANETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
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音乐: Beast - Laura Tesoro : (Album: Beast)



Start after 16 counts beat with the Intro

Sequence: Intro, A28, BB, A, TAG, A28, BB, AA AAA, A2

INTRO:-

- 1 RF step forward, arms to side with hand palms down
- 2-3 R+L ½ turn left (weight RF) in 2 counts, bring arms with snake-movement inward and push hand palms down
- 4 LF step forward

PART A: 32 counts

A1: Scuff Out Out, Sailor, Sailor ½ L, Twist x2

- 1&2 RF scuff forward, RF step side (out), LF step side (out)
- 3&4 RF cross behind, LF step beside, RF step side
- 5&6 LF ½ left cross behind, RF step beside, LF step slightly forward
- 7-8 L+R ½ turn right, L+R ½ turn left

A2: ½ L Back, Sweep, Behind Side Cross, Side, Point, Side, Point

- 1-2 RF ½ left step back, LF sweep back
- 3&4 LF cross behind, RF step side, LF cross over
- 5-6 RF step side, LF point left forward and snap fingers
- 7-8 LF step side, RF point right forward and snap fingers

A3: Back x2, Anchor, Fwd, ¼ L Side, Sailor

- 1-2 RF step back and swivel L toes left, LF step back and swivel R toes right
- 3& RF rock back push hand palms forward, LF recover
- 4 RF recover and lift LF slightly push hand palms forward
- 5-6 LF step forward, RF ¼ left step side
- 7&8 LF cross behind, RF step beside, LF step side

A4: Behind, ¼ L Fwd, Full Turn L, Pivot ½ L, Walk Fwd x2

- 1-2 RF cross behind, LF ¼ left step forward
- 3-4 RF ½ left step back, LF ½ left step forward
- 5-8 RF step forward, R+L ½ turn left, RF step forward, LF step forward

PART B: 16 counts

B1: Cross, Sweep, Cross, Side, Behind, ¼ R Fwd, ½ R Back, Back, Point

- 1-4 RF cross over, LF sweep forward, LF cross over, RF step side
- &5-6 LF cross behind, RF ¼ right step forward, LF ½ right step back
- 7-8 RF step back and turn body slightly right, LF point forward

*7-8: L arm stretched forward, stroke your hair with R hand

B2: Walk Around ¼ L, Side, Heel Swivel x4

- 1-4 LF step forward, RF ⅛ left step forward, LF ⅛ left step forward, RF step side
- &5&6 LF swivel heel inward, LF swivel back, RF swivel heel inward, RF swivel back
- &7&8& LF swivel heel inward, LF swivel back, RF swivel heel inward, RF swivel back, LF recover

TAG:-

- 1 RF step forward, arms to side with hand palms down
- 2-5 hold
- 6-7 R+L ½ turn left (weight RF) in 2 counts, bring arms with snake-movement inward and push hand palms down
- 8 LF step forward

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