

Butterflies in My Heart

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Deng (TW) - January 2018
音乐: Butterflies In My Stomach (七上八下) - Jolin Tsai (蔡依林)



Intro : 16 Count (Approx. 8 Seconds Into Track) 3:20 iTunes 86 bpm

Intro dance : 32 counts

Tag : 8 count After 4 wall

Intro dance : 32 counts

Intro S1 : SIDE ,TOGETHER, SHUFFLE, SIDE ,TOGETHER, SHUFFLE,

1 2 3&4 Step R to right side, Step L together to R, Step R to right side, Step L next to R, Step R to Right

5 6 7&8 Step L to left side, Step R together to L, Step L to left side, Step R next to L, Step L to Left

Intro S2 : 1/4 TURN L LOCK STEP X4

1&2 3&4 1/4 turn left Step R fwd, step L behind R, Step R fwd, 1/4 turn left Step L fwd, Step R behind L, Step L fwd (6:00)

5&6 7&8 1/4 turn left Step R fwd, step L behind R, Step R fwd, 1/4 turn left Step L fwd, Step R behind L, Step L fwd (12:00)

Intro S3 : REPEAT Intro S 1

Intro S4 : REPEAT Intro S 2

Main dance : 32 counts

S1: SIDE ,TOGETHER, CHASSE, SIDE ,TOGETHER, CHASSE,

1 2 3&4 Step R to right side, Step L together to R, Step R to right side, Step L next to R, Step R to Right

5 6 7&8 Step L to left side, Step R together to L, Step L to left , Step R next to L, Step L to Left

S2: CROSS MAMBO X2 , CROSS JAZSS BOX

1&2 3&4 Rock Cross R over L, Recover on L, Step R beside L, Rock Cross L over R, Recover on R, Step L beside R

5 6 7 8 Cross R over L, Step L back, Step R back to beside L, Step L fwd

S3 : FORWD ,KICK , BACK ,TOUCH, WEAVE, SIDE

1 2 3 4 Step R fwd, Kick L fwd, Step L back, Touch R to right side

5 6 7 8 Cross R over L, Step L to left, Step R behind L, Step L to left

S4 : 1/4 LEFT , SIDE, TOUCH ,SIDE ,TOUCH,1/8 LEFT SWAY

1 2 3 4 1/4Turn left Step R to right, Touch L beside R, Step L to left , Touch R to beside L

5 6 7&8 1/8 turn left sway hip (RL RLR)

TAG (8 COUNTS) : SWAY (RLR) HOLD, SWAY (LRL) HOLD

1 – 4 Sway Hip R L R , Hold

(Right hand up(1), left hand up while right hand down(2), Right hand up while left hand down(3), Hold (4)

5 – 8 Sway Hip L R L, Hold

(Left hand up(5), Right hand up while left hand down(6), Left hand up while right hand down(7), Hold (8)

Have fun!!! Happy Dance

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