

Let's Get Physical

COPPER KNOB
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Beginner
编舞者: Molly Yeoh (MY) - January 2018
音乐: Physical - Olivia Newton-John



INTRO: 32 COUNT - NO TAG, NO RESTART!

WALK & SHUFFLE FORWARD, LEFT TOUCH, RIGHT TOUCH

1 2 3&4 R L walk up, R L R shuffle fwd,(Chest pump)
5 6 7 8 L touch L recover, R touch R recover(Hand raise)

WALK SHUFFLE BACKWARD, RIGHT TOUCH, LEFT TOUCH

1 2 3&4 L R walk back, L R L shuffle back, (Chest pump)
5 6 7 8 R touch R recover, L touch L recover (Hand raise)

JAZZ BOX, FORWARD TOUCH, ¼ TURN, HIP BUMP

1 2 3 4 R cross over L, L step back, R step beside L, L cross over R
5 6 7 8 R step fwd, L touch L, R ¼ turn, L touch L with hip bump twice(7 8)

RIGHT AND LEFT FORWARD POINT, LEFT ROCK RECOVER, WEIVE

1 2 3 4 L step down, R toe point fwd and recover@ 3, L toe point
5 6 7&8 L rock to L recover on R, L step behind R, R side step, L cross over R

*Free style hands styling
Hands styling optional, tqvm

Exercise as you dance! Enjoy it! TQVM

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