

Ain't No Crying In The Club Hey, Hey

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 1 级数: Improver
编舞者: Val Saari (CAN) - March 2018
音乐: Crying in the Club - Camila Cabello : (iTunes)



S1: SIDE MAMBO L,R,L,R

1&2 Rock LF left, Recover RF, Step LF together
3&4 Rock RF right, Recover LF, Step RF together
5&6 Rock LF left, Recover RF, Step LF together
7&8 Rock RF right, Recover LF, Step RF together

S2: MAMBO LF FWD, MAMBO RF BACK, MAMBO LF FWD, MAMBO RF BACK 1/4 PIVOT R

1&2 Rock forward LF, Recover RF, Step LF beside Right
3&4 Rock back RF, Recover LF, Step RF beside Left
5&6 Rock forward LF, Recover RF, Step LF beside Right
7&8 Rock back RF, Recover LF Pivot 1/4 R, Step RF beside Left

S3: SIDE MAMBO L,R,L,R

1&2 Rock LF left, Recover RF, Step LF together
3&4 Rock RF right, Recover LF, Step RF together
5&6 Rock LF left, Recover RF, Step LF together
7&8 Rock RF right, Recover LF, Step RF together

S4: MAMBO LF FWD, MAMBO RF BACK, MAMBO LF FWD, MAMBO RF BACK 1/4 PIVOT L

1&2 Rock forward LF, Recover RF, Step LF beside Right
3&4 Rock back RF, Recover LF, Step RF beside Left
5&6 Rock forward LF, Recover RF, Step LF beside Right
7&8 Rock back RF, Recover LF 1/4 PIVOT L, Step RF beside Left

S5: SYNCOPATED SCISSORS FORWARD, LRL, RLR, BACK TOE-HEELS (L, R, L, R)

1&2 LF Step L, RF Recover, LF crosses RF and Hold (push and cross)
3&4 RF Step R, LF Recover, RF crosses LF and Hold (push and cross)
5&6& Step LF back Toe-Heel, Step RF back Toe-Heel
7&8& Step LF back Toe-Heel, Step RF back Toe-Heel

S6: SYNCOPATED SCISSORS FORWARD, LRL, RLR, BACK TOE-HEELS (L, R, L, R)

1&2 LF Step L, RF Recover, LF crosses RF and Hold (push and cross)
3&4 RF Step R, LF Recover, RF crosses LF and Hold (push and cross)
5&6& Step LF back Toe-Heel, Step RF back Toe-Heel
7&8& Step LF back Toe-Heel, Step RF back Toe-Heel

S7: RUMBA BOX FWD, RUMBA BOX BACK

1&2 Step LF to left side, Step RF beside LF, Step LF forward/hold
3&4 Step RF to right side, Step LF beside RF, Step RF back/hold
5&6 Step LF to left side, Step RF beside LF, Step LF back/hold
7&8 Step RF to right side, Step LF beside RF, Step RF forward/hold

S8: WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

1-2 Walk forward, LF, RF
3&4 Rock forward on LF, Recover RF, Step back on LF
5-6 Walk back, RF, LF,
7&8 Rock back on RF, Recover LF, Step RF beside left

