

Making Your Mind Up

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: High Beginner ECS
编舞者: Christina Yang (KOR) - May 2018
音乐: Making Your Mind Up - Bucks Fizz



Start the dance after 16 counts

SECTION 1: CHARLESTON KICK, BACKWARD, FOOT CLOSED WITH WEIGHT CHANGE

1-4 RF forward, hold, LF forward kick, hold
5-8 LF backward, hold, RF backward, LF closed RF with weight change to LF

SECTION 2: CHARLESTON KICK, BACKWARD, FOOT CLOSED WITH WEIGHT CHANGE

1-4 RF forward, hold, LF forward kick, hold
5-8 LF backward, hold, RF backward, LF closed RF with weight change to LF

SECTION 3: FORWARD ROCK WITH BEND OF KNEE, HOLD, 1/4 TURN TO L WITH RECOVER, HOLD, FORWARD ROCK WITH BEND OF KNEE, HOLD, 1/4 TURN TO L WITH RECOVER, HOLD

1-4 RF forward rock (bend of R knee) with both arms straight to R side, hold, 1/4 turn to L with LF recover and both arms bending, hold
5-8 RF forward rock(bend of knee) with both arms straight to R side, hold, 1/4 turn to L with LF recover and both arms bending, hold

SECTION 4: CROSS, CROSS, BACK, SIDE, CROSS, CROSS, 1/4 TURN TO L WITH BACK, SIDE

1-4 RF cross over LF, LF cross over RF, RF backward, LF side
5-8 RF cross over LF, LF cross over RF, 1/4 turn to L with RF backward, LF side

SECTION 5: OUT, OUT, IN, IN, JUMPING TO FORWARD, 3 TIMES OF HOLD

1-4 RF diagonal forward to R side, LF diagonal forward to L side, RF backward, LF closed RF
5-8 Jumping to forward with both feet, 3 times of hold

SECTION 6: (TWIST TO R WITH BOTH ARMS STRAIGHT UP TO DIAGONAL R, CENTER WITH BOTH ARMS BENDING) X 4

1-4 Both heels swivel to R side with both arms straight up to R side, Both heels center with both arms bending, Both heels swivel to R side with both arms straight up to R side, Both heels center with both arms bending,
5-8 Repeat the upper steps

RESTART: On the 3rd, 5th, 7th wall, you will dance to 36 counts and start again.

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<http://www.youtube.com/user/thetrianglelinedance>