

Let's Get It

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Moves by Olly Murs



Intro: 16 count - Sequence: 32-16-32-32-16-32-32-32

SEC 1: JUMP, DOWN, SWIVEL, SWIVEL, BACK MAMBO, (KICK, STEP DOWN, DIAGONAL BACK ROCK, RECOVER) X2

&1&2 jump, down(put your feet apart), both heels swivel to R, both heels swivel to center
3&4 RF back rock, LF recover, RF forward
5&6& LF forward kick, LF step down, RF diagonal back rock, LF recover
7&8& RF forward kick, RF step down, LF diagonal back rock, RF recover

***Slightly forward during 5-8& counts**

SEC 2: CROSS, BACK, BACK, CROSS, 1/4 R BACK, SIDE, APPLE JACKS

1&2 LF cross, RF diagonal back, LF diagonal back
3&4 RF cross, 1/4 turn R with LF back(3:00), RF side
5& Swivel on ball of LF moving LF heel to R - at the same time, swivel on RF heel moving RF toe to R, recover to center
6& Swivel on ball of RF moving RF heel to R - at the same time, swivel on LF heel moving LF toe to L, recover to center
7& Swivel on ball of LF moving LF heel to R - at the same time, swivel on RF heel moving RF toe to R, recover to center
8& Swivel on ball of LF moving LF heel to R - at the same time, swivel on RF heel moving RF toe to R, * Restart here recover to center

Easy options for counts 5-8

5&6& LF in place with both knees bend, RF diagonal forward kick with both knees straight, RF in place with both knees bend, LF diagonal forward kick with both knees straight
7&8 LF in place with both knees bend, RF diagonal forward kick with both knees straight, RF beside touch LF

SEC 3: BACK AND SWEEP, BACK ROCK, RECOVER, FORWARD, FORWARD, 1/2 R SYNCOPATED ROCKING CHAIR

1-2& RF back - at the same time, LF sweep from front to back, LF back rock, RF recover
3-4 LF forward, RF forward
5&6& LF cross rock, RF recover, 1/4 turn to R with back rock(6:00), RF recover
7&8& LF cross rock, RF recover, 1/4 turn to R with back rock(3:00), RF recover

*** Rocking chair section(5-8&) is done making a gradual turn 1/2 to the right**

SEC 4: SIDE, BACK ROCK, RECOVER, SIDE POINT, 1/4 L SIDE POINT, 1/4 L PIVOT, SHOULDER PUSHES

1-2& LF side, RF back rock, LF recover
3-4 RF side point, 1/4 turn to L with RF side point(6:00)
5-6 RF forward, pivot 1/4 turn L(weight LF)(3:00)
7&8 Push the right shoulder up x2(7&), Push the left shoulder up

***RESTART: After 16 counts on Wall 2 facing (6:00), Wall 5 facing (3:00)**

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