

LET'S CHEER for the ELVES!!!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Val Saari (CAN) - November 2018
音乐: Cheer For The Elves - Gwen Stefani



FORWARD HIP STRUTS X 2 (R,L), RF ROCK FWD, LF RECOVER, FWD SHUFFLE RLR PIVOT 1/2 R

1-2 Touch RF toes forward, Drop heel (bump hips R,L,R)
3-4 Touch LF toes forward, Drop heel (bump hips L,R,L)
5-6 Rock RF forward, Recover LF
7&8 Shuffle forward RLR Pivot 1/2 R

L SIDE MAMBO (CHA CHA CHA), R CROSS MAMBO CHA-CHA-CHA PIVOT 1/4 R

1-2 LF Rock side left, RF recover
3&4 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)
5-6 RF Cross over L, LF Recover weight
7&8 Step RF fwd 1/4 pivot R, Step LF in place, Step RF in place (cha, cha, cha)

WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

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

HEEL BOUNCES, TRIPLE CLAP X 2 (L,R)

1-2 Step LF to left side, Bounce LF heel
3&4 Clap hands three times in front of left shoulder
5-6 Bounce on RF heel twice
7&8 Clap hands three times in front of right shoulder

REPEAT - No Tags, No Restarts

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