

Free Lunch

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mary Frances Chua (MY) - May 2019
音乐: Free Lunch - Mike Lane



INTRO: 8-ct heavy beats

S1: R & L Side Rock Recover Forward Shuffle

12 3&4 Rock R to side, recover L, fwd shuffle R-L-R
56 7&8 Rock L to side, recover R, fwd shuffle L-R-L

S2: Rocking Chair, semi-circle ½ R Turn 2x Shuffle

1234 Fwd rock on R recover on L, back rock on R recover on L
5&6 7&8 Semi-circle turning right, with slanting hand-spread, shuffle on RLR & LRL (6:00)

S3: RL skate, R side shuffle, ¼ R Turn, LR skate, L side shuffle

12 3&4 Skate R-L, side shuffle R-L-R
56 7&8 ¼ turn right (9:00) skate L-R, side shuffle L-R-L

S4: ¼ R Turn RL Step Flick, ¼ R Turn Jazz Box

1234 ¼ R turn (12:00) R step L flick, L step R flick
5678 Cross R over L, ¼ R turn (3:00) on L, R to side, L fwd

TAG: 2 counts clapping twice

End of Wall 2 (facing 6:00), Wall 4 (facing 12:00), Wall 6 (6:00), Wall 8 (12:00)

END: After W8, do Section 1 and pose in style!

Credit to Mike Lane's "FREE LUNCH". Happy dancing!

Contacts:

maryfrances.ccrmmcc@gmail.com

<https://maryfrancesbb88.wordpress.com/>