

4 So Long, 4 So Long

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Val Saari (CAN) - May 2019
音乐: Hold On - Ian Gomm



MODIFIED RUMBA BOX, (CHA CHA CHA), STEP-TAP BEHIND X 2 (RL)

1-2 Step LF to left side, Step RF beside L
3&4 Step LF forward, Step RF beside L, Step LF in place
5-6 Step RF to right side, Tap LF toes behind R
7-8 Step LF to left side, Tap RF Toes behind L

RF CROSS ROCK, SHUFFLE 1/2 PIVOT R, SYNCOPATED SIDE STEPS L,R

1-2 Cross-rock RF over L, LF recover
3&4 Pivot 1/2 R and Shuffle forward RLR
&5-6 Step LF small step left (&), Step RF together (5), hold (weight on LF)
&7-8 Step RF small step right (&), Step LF together (7), hold (weight on RF)

MODIFIED RUMBA BOX, TOUCH X 2 (BACK, FWD)

1-4 Step LF to left side, Step RF beside L, Step LF back, Touch RF together
5-8 Step RF to right side, Step LF beside R, Step RF forward, Touch LF together

L SIDE MAMBO (CHA CHA CHA), VINE RIGHT, HEEL BOUNCE 1/4 PIVOT R/HITCH

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 Step RF to right side, Step LF behind R
7-8 Step RF to right side, Bounce on RF heel and pivot 1/4 R/ Hitch LF

REPEAT - No Tags, No Restarts

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