

Nong Mari Nong

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Uli Elfrida (INA) - June 2019
音乐: Nong Mari Nong - Alfred Gare & PAX Group



Sequence : 48 48 36 48 48 36 32 48 36 48 48 36 16

Section 1 : Step forward, step together, rock & flick, recover, step together, touch

1 2 3 4 Step forward R L R, step L together
5 6 7 8 Cross rock R over L, flick L back at the same time, recover on L, step R side, touch L next to R

Section 2 : Step back, step together, rock & flick, recover, step together, touch

1 2 3 4 Step back L R L, step R together
5 6 7 8 Cross rock L over R, flick R back at the same time, recover on R, step L side, touch R next to L

Section 3 : vine, 1/4 turn, step forward, 1/2 turn, shuffle forward

1 2 3 4 Cross R over L, step L side, step R behind L, 1/4 turn left step L forward (facing 9.00)
5 6 7&8 Step R forward, 1/2 pivot turn left step (facing 3.00), shuffle forward R L R

Section 4 : Side, rock, recover, sway

1&2 3&4 Step L side, rock R back, recover on L, step R side, rock L back, rec on R
5 6 7 8 Sway hips L R L R

Section 5 : side, together, side shuffle

1 2 3&4 Step L side, step R together, shuffle to the left L R L
5 6 7&8 Step R side, step L together, shuffle to the right R L R

Section 6 : Turn around > walk - shuffle - walk - rock

1 2 3&4 Make a half round: turn left walk L R, shuffle turn L R L (facing 9.00)
5 6 7 8 Make a half round: turn left walk R L R, rock L forward at the same time, flick R back

On wall 7 : the last step (count 32) change the step > hitch R forward

Enjoy the dance

Contact : ulielfridaksp@gmail.com