

A Reason

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sally Hung (TW) - September 2019
音乐: Just Give Me a Reason (feat. Nate Ruess) - P!nk : (DJ Ice Dance Sport Music)



Sequence of dance:

Tag after finishing Wall 3, facing 9:00

Tag(x2) after finishing Wall 5, facing 3:00

Tag(x2) after finishing Wall 7, facing 9:00

Intro: 16 counts from heavy beats

Tag (4 counts). Rocking Chair

1,2,3,4 Rock R fwd, recover on L, rock back on R, recover on L

Main Dance (32 counts)

S1. KICK BALL CHANGE, ¼ R KICK BALL CHANGE, SIDE ROCK RECOVER, COASTER STEP

1&2 Kick R fwd, step R together, step L in place

3&4 ¼ turn R kicking R fwd, step R together, step L in place

5,6 Rock R to R, recover on L

7&8 Step back on R, step L together, step R fwd

S2. FWD POINT, ¼ TURN R CROSS POINT, WALKS BACKWARDS, COASTER STEP

1,2,3,4 Step L fwd, touch R to R side, ¼ Turn R cross stepping R over L, touch L to L side

5,6 L walk back, R walk back

7&8 Step back on L, step R together, step L fwd

S3. HIP SWAYS, CROSS SIDE BEHIND SIDE TOUCH

1,2,3,4 Step R to R swaying hips R, Sway L, Sway R, Sway L

5,6&7,8 Cross R over L, step L to L side, cross R behind L, step L to L side, touch R next to L

S4. SIDE TOGETHER, ¼ R STEP LOCK STEP, FWD ROCK RECOVER, ½ TURN L FWD SHUFFLE

1,2 Step R to R, step L together

3&4 ¼ turn R stepping R fwd, lock L behind R, step R fwd

5,6 Rock L fwd, recover on R

7&8 Shuffle fwd on LRL

Happy Dancing!!

Contact Sally Hung: hung1125 @gmail.com