

Stay Low Key

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
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音乐: Low Key - Akon



Intro : 32 counts

S1: Hip roll forward/recover, shuffle forward diagonal (2X)

1-2 RF press ball of foot diagonally forward rolling hips clock wise, recover onto LF
3&4 RF step forward diagonal, LF step together(&), RF step forward diagonal
5-6 LF press ball of foot diagonally forward rolling hips counter clock wise, recover onto RF
7&8 LF step forward diagonal, RF step together(&), LF step forward diagonal

S2: Jazz Box, Cross, Slide R, 2 hops with 1/2 Turn L

1-2 RF cross in front of LF, LF step back
3-4 RF step right, LF cross in front of RF
5-6 RF big step right, LF drag together
7-8 make 1/4 turn left jumping BF slightly back (09.00), make 1/4 turn left jumping BF slightly left (06.00)

S3: Rock forward/ recover, chug steps (2X) with 1/4 turn R, Sailor steps (2X)

1-2 RF rock forward, recover onto LF
3& make 1/8 turn right rocking RF to right, recover onto LF
4& make 1/8 turn right rocking RF to right, recover onto LF (09.00)
5&6 RF cross behind LF, LF step left (&), RF step right
7&8 LF cross behind RF, RF step right (&), LF step left

S4: Hip Bumps Forward R/L, Rock Forward/ Recover, together, knee pop

1&2 RF touch forward bumping hips forward, bump hips back(&), bump hips forward taking weight onto RF
3&4 Lf touch forward bumping hips forward, bump hips back (&), bump hips forward taking weight onto LF
5-6 RF rock forward, recover onto LF
7&8 RF step together, pop knees up (&), stretch both knees

(Optional : point both index fingers to side of the body with knee pop)