

Free at Last

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Terrese Hawley (USA) - January 2020
音乐: Bra Off - RaeLynn



R.Forward Mambo, L. Back Mambo, R. Side Mambo, L. Side Mambo

1&2 Rock R foot forward, Step L together, Step R in Place.
3&4 Rock L foot back, Step R together, Step L in Place
5&6 Rock R to Side, Step L Together, Step R in Place
7&8 Rock L to Side, Step R Together, Step L in Place

Step R Side, Cross-Step L Over R, R Rock & Cross, Step Back L¼ Step R foot ½ turn R. Shuffle Forward LRL

1-2 Step Right to Side, Cross Step L Over Right Foot
3&4 Rock R to Side, Step L in Place, Cross R Foot Over Left
5-6 Step L Foot Back ¼ Turn R, Step R Foot ½ Turn R
7&8 Shuffle Forward LRL

Paddle Steps ½ Turn L, Paddle Steps ½ Turn R

1&2&3&4 With Weight on L Foot, Push off R Foot Making ½ Turn L, Step R Foot in Place
5&6&7&8 With Weight on R Foot, Push Off L Foot Making ½ Turn R, Step L Foot in Place

Walk Back RLRL, Right Kick-Ball Change

1-4 Step Back RLRL
5&6 Right Kick-Ball Change
7&8 Right Kick-Ball Change

Begin Dance Again

Submitted by - Mindy Mills : minscoot@aol.com
