

Forever My Pain

COPPERKNOB
BY STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: BM Leong (MY) - March 2020
音乐: Ni Shi Wo Yong Yuan De Tong (你是我永远的痛) (DJ版) - Chen Rui (陳瑞) & Cui Weili (崔偉立)



Start the dance immediately on the first hard beat.

SOD - AA/BBtag1BB/AA/BBtag1BB/BBtag2/AA

(A)

WALK, WALK, WALK, TOUCH, BACK, BACK, BACK, TOUCH

1-4 Walk forward on RLR, point L to left side
5-8 Walk backward on LRL, point R to right side

CROSS, POINT, CROSS, POINT, BEHIND, POINT, BEHIND, POINT

1-4 Cross R over L, point L to left side, cross L over R, point R to right side
5-8 Cross R behind L, point L to left side, cross L behind R, point R to right side

WALK, WALK, WALK, TOUCH, BACK, BACK, BACK, TOUCH

1-4 Walk forward on RLR, point L to left side
5-8 Walk backward on LRL, point R to right side

CROSS, POINT, CROSS, POINT, PADDLE 1/4 TURN LEFT X 2

1-4 Cross R over L, point L to left side, cross L over R, point R to right side
5-8 Step R forward, paddle 1/4 turn left, step R forward, paddle 1/4 turn left

(B)

S1 K-STEPS

1-2 Step R forward diagonally, touch L together
3-4 Step L back diagonally, touch R together
5-6 Step R back diagonally, touch L together
7-8 Step L forward diagonally, touch R together

S2 MONTEREY 1/2 TURN RIGHT, OUT, OUT, IN, IN

1-2 Point R to right side, 1/2 turn right step R together (6.00)
3-4 Point L to left side, step L together
5-8 Step R out, step L out, step R in, step L in

S3 REVERSE CHA CHA BOX

1-2 Step R to right side, step L together
3&4 Cha cha backward on RLR
5-6 Step L to left side, step R together
7&8 Cha cha forward on LRL

S4 PIVOT HALF TURN LEFT, PIVOT QUARTER TURN LEFT, JAZZ BOX

1-2 Step R forward, pivot 1/2 turn left (12.00)
3-4 Step R forward, pivot 1/4 turn left (9.00)
5-8 Cross R over L, step L back, step R to right side, step L together

Tag 1: ROCKING CHAIR

1-4 Rocking chair RLRL

Tag 2: PIVOT 1/2 TURN, PIVOT 1/4 TURN, JAZZ-BOX 1/4 TURN RIGHT

1-2 Step R forward, pivot 1/2 turn left
3-4 Step R forward, pivot 1/4 turn left
5-6 Cross R over L, step L back
7-8 1/4 turn right step R to right side, step L together

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