

Bright Up Your Life

COPPER **KNOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: Beginner
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音乐: Always Look On the Bright Side of Life - Monty Python



Starting @ 0.25

[1-8] HEEL STEP, HEEL STEP, ROCKING CHAIR

1-2 Right heel forward (1), step right beside left (2)
3-4 Left heel forward (3), step left beside right (4)
5-6 Rock right forward (5), recover onto left (6),
7-8 rock right back (7), recover onto left (8)

[9-16] STOMP HOLD, STOMP HOLD, JAZZ BOX 1/4

1-2 Stomp right forward (1), hold (2)
3-4 Stomp left forward (3), hold (4)
5-8 Cross right over left (5), step left back on (6), Making 1/4 right step right forward (7), step left beside right (8) (3:00)

[17-24] Repeat counts 1-8

[25-32] Repeat counts 9-16 (6:00)

[33-40] POINT TOUCH STEP TOUCH, POINT TOUCH STEP TOUCH

1-2 Point right to right (1), touch right beside left (2)
3-4 Step right to right (3), touch left beside right (4)
5-6 Point left to left (5), touch left beside right (6)
7-8 Step left to left (3), touch right beside left (4)

[41-48] OUT OUT BACK TOUCH, OUT OUT BACK TOUCH

1-4 Step right forward to right (1), step left forward to left (2), step right back (3), touch left beside right (4)
5-8 Step left forward to left (5), step right forward to right (6), step left back (7), touch right beside left (8)

[49-56] LOCK STEP SCUFF, LOCK STEP SCUFF

1-4 Step right forward (1), lock left behind right (2), step right forward(3), scuff left beside right(4)
5-8 Step left forward (1), lock right behind left (2), step left forward (3), scuff right beside left (4)

[57-64] STEP HOLD, 1/4 HOLD, HIP BUMPS

1-2 Step right forward (1), hold (2)
3-4 Turn 1/4 Left (3), hold (2)
5-8 Bump hips R, L,R,L (5-8) (3:00)

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