All Said

COPPER KNOB

拍数: 32 墙数: 1

编舞者: Katherine Lee (SG) - June 2020

音乐: Dou Shou (都說) - Long Mei Zi (龍梅子) & Lao Mao (老貓)

级数: Beginner

* For our stay home friends with space constraint at home.*

No tag No Restarts - (1 wall or 4 wall)

Starts with our Right Foot.

S1: Heel Grind, back, together (R,L), rocking chair

- 1&2 RF touch heel forward and grind to R, LF step back, RF together,
- 3&4 LF touch heel forward and grind to L, RF step back, LF together,
- 5678 RF rock forward, LF recover, RF rock back, LF recover.

S2: Side, behind, side chasse with 1/4 Right turn, rock forward, 1/4 Left turn side chasse

123&4 RF side, LF cross behind RF, RF side, LF together, RF forward ¼ R-turn(3:00),

567&8 LF rock forward, RF recover, LF side ¼ L-turn(12:00), RF together, LF side.

Optional for 4 wall dance: count 5678 - LF step forward, pivot ½ Right turn (9:00), LF side chasse

S3: Weave with point (R,L)

- 1234 RF cross, LF side, RF cross behind LF, LF point to side,
- 5678 LF cross, RF side, LF cross behind RF, RF point to side.

S4: Walk forward, forward Mambo, walk back, coaster step

- 1234 RF forward, LF forward, RF rock forward, LF recover, RF step back,
- 5678 LF back, RF back, LF step back, RF together, LF forward.

Keep Active! Keep Dancing!

HappyfitLDG2020@hotmail.com

