

All Said

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Beginner
编舞者: Katherine Lee (SG) - June 2020
音乐: Dou Shou (都說) - Long Mei Zi (龍梅子) & Lao Mao (老貓)



* 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 ¼ Right turn, rock forward, ¼ 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