

FAME Warm-up

COPPERKNOB
STEPSHEETS

拍数: 32

墙数: 1

级数: Beginner (Before Training. Warm-Up)

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音乐: Fame - Irene Cara



S1: SIDE ROCK, WEAVE, SIDE ROCK, WEAVE

- 1-2 RF Step R Side(1), LF Recover Weight(2)
- 3&4 RF Cross Behind(3), LF Step L Side(&), RF Cross Over(4)
- 5-6 LF Step L Side(5), RF Recover Weight(6)
- 7&8 LF Cross Behind(7), RF Step R Side(&), LF Cross Over(8)

S2: KICK, OUT-OUT, HEEL BOUNCE X2, SAILOR STEP X2

- 1&2& RF Kick Forward(1), RF Out(&), LF Out(2)
- 3-4 BF Heel Bounce(3), BF Heel Bounce(4)
- 5&6 RF Cross Behind(5), LF Step Together(&), RF Step R Side(6)
- 7&8 LF Cross Behind(7), RF Step Together(&), LF Step L Side(8)

S3: HITCH, DIAGONAL FORWARD, HITCH, DIAGONAL FORWARD, HITCH, DIAGONAL FORWARD, HITCH, DIAGONAL FORWARD

- 1-2 RF Hitch, RF Step Diagonal Forward(1:30)
- 3-4 LF Hitch, LF Step Diagonal Forward(10:30)
- 5-6 RF Hitch, RF Step Diagonal Forward(1:30)
- 7-8 LF Hitch, LF Step Diagonal Forward(10:30)

S4: BACK STEP X2, TOUCH-STEP WITH HIP Roll, BACK STEP X2, TOUCH-STEP WITH HIP ROLL X2

- 1-2 RF Step Diagonal Backwards(4:30), LF Step Diagonal Backwards(7:30)
 - 3-4 RF Touch Diagonal Backwards with Hip Roll to R(4:30)(3), RF Step Diagonal Backwards(4)(Weight on RF)
 - 5-6 LF Step Diagonal Backwards(7:30), RF Step Diagonal Backwards(4:30)
 - 7-8 LF Touch Diagonal Backwards with Hip Roll to L(7:30)(7), LF Step Diagonal Backwards(8)(Weight on LF)
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