

Unchain My Heart

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: High Intermediate WCS
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音乐: Unchain My Heart - Joe Cocker



RESTART : 10th Wall (After 16 counts)- Face on 6 O'clock

SECTION 1: WALK, BACK, ANCHOR STEP, SIDE STEP 1/4 TURN L , SIDE STEP 1/2 TURN L, CROSS BACK,SIDE, CROSS OVER

1-2 RF step fwd ,LF Step back
3&4 RF behind LF , LF in place, RF step back
5-6 LF step side 1/4 T L, RF step side 1/2 T L
7&8 LF step behind RF , RF step side , LF cross over RF

SECTION 2: HOLD, HOLD, SIDE, CROSS, SIDE, CROSS,SIDE, TOGETHER, 1/4 TURN FORWARD, 1/2 PIVOT TURN R , FORWARD

1-2& Hold, Hold, RF step side
3&4 LF cross over RF, RF side , LF cross over RF
5&6 RF step side, LF be side RF , RF 1/4 T L step fwd
7&8 LF step fwd, RF 1/2 T R step fwd, LF step fwd

SECTION 3: KICK, SIDE, SIDE, HIP ROLLING , 1/4 TRIPLE TURN L, 1/2 PIVOT TURN L

1&2 RF kick front of LF, RF side, LF side
3-4 Hip rolling from L to R
5&6 LF beside RF, RF in place, LF 1/4 T L step fwd
7-8 RF step fwd, LF 1/2 T L step fwd

SECTION 4: MAMBO, COASTER, , PADDLE TURN X 4

1&2 RF step fwd, LF in place, RF step back
3&4 LF step back, RF beside LF , LF step fwd
5-6 RF 1/4 T L press side with ball, (12 o'clock), RF 1/4 T L press side with ball, (9 o'clock),
7-8& RF 1/4 T L press side with ball, (6 o'clock), RF 1/4 T L press side with ball, (3 o'clock)
 ,Weight change on LF

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