

Bend Me Shape Me

COPPER KNOB
STEPPERS

拍数: 40 墙数: 2 级数: Beginner
编舞者: Judy Brannon (USA) - September 2020
音乐: Bend Me, Shape Me - The American Breed



No Tags No Restarts

Vine 4 to Right, Side Rock Cross and Hold

1-4 Step R to right, Step L behind R, Step R to right, Cross L over R
5-8 Rock R to right side, Recover on L, Cross R over L, Hold

Vine 4 to Left, Side Rock Cross and Hold

1-4 Step L to left, Step R behind L, Step L to left, Cross R over L
5-8 Rock L to left side, Recover on R, Cross L over R, Hold

Right Lock Step, Hold, Left Lock Step Hold

1-4 Step R foot forward, Lock L foot behind R, Step R foot Forward, Hold
5-8 Step L foot forward, Lock R foot behind L, Step L foot forward, Hold

Right Jazz Box- hold, Left Jazz Box - hold

1-4 Cross R foot over L, Step L foot back, Step R foot beside L, Hold
5-8 Cross L foot over R, Step R foot Back, Step L foot beside R, Hold

Chase 1/2 Turn-hold, Left Jazz Box, Hold

1-4 Step R foot forward, Pivot 1/2 turn left, Step R foot forward, Hold
5-8 Cross L foot over R, Step back on R, Step L beside R and Hold.

REPEAT
