

You Got This!

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner Soul
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音乐: Forget Me Nots - Patrice Rushen



#32 count intro

WALK FORWARD, SHUFFLE, TOUCH LEFT, TOUCH RIGHT

1-2 Step right foot forward, step left foot forward
3&4 Step right foot forward, step left next to right, step right foot forward
5-6 Touch left toe to the left side, step left foot next to right
7-8 Touch right toe to the right side, step right foot next to left

WALK BACKWARD, SHUFFLE, TOUCH RIGHT, TOUCH LEFT

1-2 Step left foot backward, step right foot backward
3&4 Step left foot backward, step right next to left, step left foot backward
5-6 Touch right toe to the right side, step right foot next to left
7-8 Touch left toe to the left side, step left foot next to right

RIGHT SIDE TO SIDE CLAP, LEFT SIDE TO SIDE CLAP CLAP

1-2 Step right foot to the right side, step left next to right
3-4 Step right foot to the right side, step left next to right and clap
5-6 Step left foot to the left side, step right next to left
7&8 Step left foot to the left side, clap twice

STEP 1/8 TURN LEFT, STEP 1/8 TURN LEFT, SWAY

1-2 Step right foot forward, pivot your left foot 1/8 turn left on the ball of your foot
3-4 Step right foot forward, pivot your left foot 1/8 turn left on the ball of your foot
5-8 Sway your hips right, left, right, left, ending with weight on left foot.

Repeat, add your own style & have fun!!

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