

Frenesi

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Beginner
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音乐: Frenesi - Natalie Cole



NO TAG, NO RESTART

S-1. FORWARD - FORWARD - LOCK SHUFFLE, PIVOT ¼ TURN R - ¾ TURN R BACK SHUFFLE

1 2 Step RF forward - Step LF forward
3&4 Step RF forward - Close LF behind RF - Step RF forward
5 6 Step LF forward - ¼ Turn R In place on RF
7&8 ¾ Turn R Step LF back - Close RF beside LF - Step LF back

S-2. BACK ROCK - LOCK SHUFFLE, CROSS ROCK - CHASSE

1 2 Step RF back - Recovered on LF
3&4 Step RF forward - Close LF behind RF - Step RF forward
5 6 Cross LF over RF - Recovered on RF
7&8 Step LF to side - Close RF beside LF - Step LF to side

S-3. CROSS ROCK - CHASSE, PIVOT ½ TURN R - CROSS SHUFFLE

1 2 Cross RF over LF - Recovered on L
3&4 Step RF to side - Close LF beside RF - Step RF to side
5 6 ¼ Turn R Step LF forward - ¼ Turn R In place on RF
7&8 Cross LF over RF - Step RF to side - Cross LF over RF

S-4. SIDE ROCK - CROSS SHUFFLE, SIDE ROCK - TIME STEP

1 2 Step RF to side - Recovered on LF
3&4 Cross RF over LF - Step LF to side - Cross RF over LF
5 6 Step LF to side - Recovered on RF
7&8 Close LF beside RF - RF beside LF - LF beside RF

Happy Dance :

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