

Pull It Off

COPPER **NOB**
BY STEPHENETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Stefano Civa (IT) - 31 July 2021
音乐: Pull It Off - Smithfield



Start dancing on lyrics

ROCK SIDE, RECOVER, HEEL SWITCHES, ROCK STEP FWD, COASTER STEP

1-2 Rock step right to side, recover
&3&4 Step right near the foot left(weight on right), heel left fwd, step left back, heel right fwd
&5-6 Step right back, Rock step left fwd, recover
7&8 Coaster step left

ROCK STEP R FWD, HEEL SWITCHES, ROCK SIDE, SAILOR STEP

1-2 Rock step right fwd, recover
&3&4 Step right back, heel left fwd, step left back, heel right fwd
&5-6 Step right back, Rock step left to side, recover
7&8 Left sailor step

R SHUFFLE FWD, ROCK SIDE ¼ R, SHUFFLE CROSS, STEP R BACK ¼ TURN L, STEP L ¼ TURN L

1&2 Shuffle fwd (R-L-R)
3-4 Rock step left to side ¼ turn right, recover
5&6 Shuffle cross (L-R-L)
7-8 Step right back ¼ turn left, step left to the side ¼ turn left

STOMP R, HOLD, STOMP L ½ L, HOLD, R JAZZ BOX and CROSS

1-2 Stomp right, hold
3-4 Stomp left ½ turn left, hold
5-8 Cross R over L, step L back, step R to side, cross L over R

REPEAT

Tag at the end 1 st wall (at 3:00)

GRAPEVINE RIGHT, GRAPEVINE LEFT

Info contatti:

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