

Pulling Me

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Jean-Pierre Madge (CH) & Grace David (KOR) - June 2022
音乐: Dancing Around It - Coleman Hell



#16 Counts Intro, 1 TAG

[1-8] : PRESS ROCK FWD-RECOVER, BIG BACK STEP, DRAG-BALL-STEP FWD 2X,KICK, OUT-OUT

1 2 Press RF Fwd on ball, Recover on LF
3&4 Big step RF back, Slowly Drag LF towards RF, Step LF next to RF on ball
5 6 Step RF Fwd, Step LF Fwd
7&8 Kick RF Fwd, Step RF on R side, Step LF on L side

[9-16] : BEND KNEE IN, ¼ TURN, ½ TURN, COASTER STEP, KICK, BIG FWD STEP, DRAG

1 2 3 Bend R knee in, Turn ¼ to R stepping RF Fwd, Turn ½ to R stepping LF back (9:00)
4&5 Step RF back, Step LF next to RF, Step RF Fwd
6& Kick LF Fwd, Step LF next to RF on ball
7 8 Big Step RF Fwd, Drag LF towards RF keeping weight on RF

[17-24]: HIP BUMPS, STEP FWD, ¼ TURN WITH SWEEP, WEAVE STEP

1 2 Step LF Fwd as you bump L hip Fwd, Recover on RF as you bump R hip back
(Optional: Hip roll: Roll L hip Fwd, Roll Back)
3 4 Step RF LF Fwd, Turn ¼ to L sweeping RF from back to Front (6:00)
5 6 Cross RF over LF, Step LF on side
7 8 Step RF behind LF, Step LF on side

[25-32] : CROSS- HITCH, CROSS-SIDE, ¼ SAILOR STEP, ½ PIVOT TURN

1 2 Cross RF over LF, Hitch LF
3 4 Cross LF over RF, Step RF on side
5&6 Turn ¼ to L stepping LF back, Step RF next to LF, Step LF Fwd (3:00)
7 8 Step RF Fwd, Turn ½ to L stepping LF Fwd (9:00)

TAG: After 4th Wall facing 12:00

1 2 3 4 ROCKING CHAIR
1 2 3 4 Rock RF Fwd, Recover on LF, Rock RF Back, Recover on LF

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