

My HaND

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Andrico Yusran (INA) - September 2022
音乐: For My Hand (feat. Ed Sheeran) - Burna Boy



No Tag No Restart

Start Dance after intro lyrics 32 Counts

S1# *SAMBA WISHK - VOLTA 3/4 TURN L - FORWARD - 1/2 TURN R (sweep) - CROSS BEHIND - SIDE - CROSS*

1 a2 Step R to side , L ball cross behind R , R tap in place
3 a4 L 1/4 turn L , R lock behind L , L 1/4 turn to L
5-6 R forward (3.00) , L 1/2 Turn to R with R sweep from front to back (9.00)
7&8 R cross behind L , L side , R cross over L

S2# *DIAMOND 1/2 TURN L - LOCK FORWARD SYNCOPATED DIAGONAL*

1&2 Step L forward diagonal to L , R side 3/8 turn L (6.00) , L back diagonal to L with R knee up
3&4 R back , L 3/8 turn to L (3.00) , R cross diagonal to L (1.30)
5&6& L forward diagonal to L , R lock behind L , L forward , R lock behind L (1.30)
7&8 L forward diagonal to L , R lock behind L , L forward (1.30)

S3# *MAMBO DIAGONAL (sweep) - SAILOR 3/8 TURN L - SAILOR 1/4 TURN R - OUT - OUT*

1&2 Step R forward , Recover on L , R back with L sweep from front to back (1.30)
3&4 L 3/8 turn to L (12.00) , R side , L to side
5&6 R 1/4 turn to R cross behind L , L side , R forward
7-8 L out , R out

S4# *CLOSE - KNEE POP - V STEP (heels) - FORWARD - CLOSE*

1-2-& Step L close beside R , making knee both out , in (heels up)
3&4 knee both out , in , out (heels up)
5&6& R heel diagonal to R , L heel diagonal to L , R back to center , L close beside R
7-8 R forward , L close beside R

Dancing With Your Heart

Contact: ricoyusran@yahoo.com