

Get Loose

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Esmeralda van de Pol (NL) - October 2022
音乐: Lucy - Destra



Intro: 16 counts, NO TAGS, NO RESTARTS

WALK FWD, SIDE MAMBO, FWD, WALK FWD, MAMBO STEP

1-2 Step RF fwd, Step LF fwd
3&4 Rock RF to R side, Recover weight on LF, step RF next to LF
5-6 Walk LF fwd, Walk RF fwd
7&8 Rock LF fwd, Recover weight on RF, Step LF next to RF

PIVOT ¼ TURN L, CROSS SHUFFLE, SIDE ROCK ¼ TURN R, ¼ TURN R SIDE ROCK

1-2 Step RF fwd, ¼ turn L-weight on LF 09.00
3&4 Cross RF over LF, Step LF to L side, Cross RF over LF
5-6 Rock LF to L side, ¼ turn R-recover weight on RF 12.00
7-8 ¼ turn R, Rock LF to L side, Recover weight on RF 03.00

CROSS ROCK, CHASE 1/8 TURN L, CROSS, 1/8 TURN R, 1/8 TURN R, STEP BACK, 1/4 TURN R

1-2 Rock LF in front of RF, Recover weight on RF
3&4 Step LF to L side, Step RF next to LF, 1/8 turn L-step LF diagonal fwd 01.30
5-6 Cross RF in front of LF, 1/8 turn R-step LF to L side 03.00
7&8 1/8 turn R-step RF back, Step LF back, 1/4 turn R-Step RF diagonal fwd 07.30

WALK FWD, SHUFFLE FWD, WALK 7/8 TURN L

1-2 step LF fwd, Step RF fwd
3&4 Step LF fwd, Step RF next to LF, Step LF fwd
5-6 Step RF fwd, 3/8 turn L-Step LF fwd 03.00
7-8 ¼ turn L-step RF fwd, ¼ turn L-step LF fwd 09.00

Dance With Esmeralda

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