

Contra Body Movement (Study#1)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bill Handley (AUS) - October 2022
音乐: Leave Before You Love Me - Jonas Brothers & Marshmello



No Tags. No Restarts.

Intro. 32 counts..

[1-8] R Touch. R Step Diagonal. L Touch. L Step Diagonal. R Touch. R Side Rock. L Recover. R Cross Step.

1,2,3,4. Touch R beside L(1). Step R diagonally forward(2). Touch L beside R(3). Step L diagonally forward(4).

5,6,7,8. Touch R beside L(5). Rock R to side(6). Recover on L(7). Step R across L(8).

[9-16] ¼ Turn right; Step L Back. Drag R to L. R Rock Back. L Recover. ½ Turn left; Step R Back. Drag L to R. Step L Back. Lock R to L. (9:00).

1,2,3,4. Turn ¼ turn right; Step L back(1). Drag R to L(2). Rock R Back(3). Recover on L(4). 3:00.

5,6,7,8. Turn ½ turn left; Step R back(5). Drag L to R(6). Step L back(7). Lock R back in front of L(8). 9:00.

[17-24] Step L Back. R Kick. ¼ Turn right; Ball R, Step L Side. R Step in place. Step L in place. Step R behind. Step L to Side. R Cross Step. 12:00.

1,2&3,4. Step L back(1). Kick R forward(2). Turn ¼ turn right; Step R ball of foot in place(&). Step L to side and sway hips to left(3). Step R in place and sway hips to right(4). 12:00.

5,6,7,8. Step L in place and sway hips to left(5). Step R behind L(6). Step L to side(7). Step R across L(8).

[25-32] L Side Rock. R Recover. 1/4 Turn left; L Toe Strut. 1/2Turn; In 4 walks. 3:00.

1,2,3,4. Rock L to side(1). Recover on R(2). Turn ¼ turn left; Touch L toe in front of R(3). Drop L heel to floor(4).

5-8 Turn 1/2 turn left; In 4 walks, R.L.R.L(5,6,7,8). 3:00.

Repeat.

Last Update: 5 Nov 2022