

Rhythm Is a Dancer

COPPER KNOB
STEPSHEETS

拍数: 52 墙数: 2 级数: Phrased Improver
编舞者: Conny Cleo (INA) - February 2023
音乐: Rhythm Is a Dancer (Happy Electro Mix) - Dua Lipa Vs Snap



Sequence : ABB AAA AAA BBB
Change Step & Restart : Part A :
On Wall 3 - 7 (After Section 2)
On Wall 8 (5 count only)

Part A : 20c

Section I BACK – SWEEP – SAILOR STEP R - PIVOT ½ R – BODY ROLL

1 – 2 Step RF Back, Sweep LF Back
3 – 4 Sweep RF behind LF (turn R), Step LF Beside RF, Step RF FWD
5 – 6 Step LF FWD, Step RF In Place (turn ½ R), Step LF FWD
7 – 8 Body Roll

Section II CROSS SIDE SWEEP – SAILOR STEP L – PIVOT ¼ - SWAY

1 & Cross RF Over LF, Step LF to Side, Step RF behind LF
3 & 4 Sweep LF behind RF (turn L), Step RF beside LF, Step LF FWD
5 – 6 Step RF FWD ½ turn L, Step RF to side swing hip to R
7 Swing Hip to L
8 & Cross RF Over LF, Recover

Section III SIDE – CROSS – RECOVER

1 – 2& Step RF to R, Cross LF Over RF, Recover
3 – 4& Step LF to L, Cross RF Over LF, Recover

Part B : 32c

SI : Hip – Sway – Hip Bump

1 – 2 Swing Hip to R – L
3 & 4 Push R hip to R – L – R
5 – 6 Swing Hip to L – R
7 & 8 Push L Hip to L – R – L

SII : Lindy R – Lindy L Pivot ¼

1 & 2 Step RF to R, Step LF beside RF, Step RF to R
3 – 4 Rock Back on LF, recover on RF
5 & 6 Step LF to L, Step RF beside LF, Step LF to L
7 – 8 Rock Back on RF, Recover on LF

SIII : Out Out – Triple Step (Shimmy Shoulder)

1 – 2 Step RF to R Diagonal FWD
3 & 4 Step RF back, Step LF Next To RF, Step RF in Place
5 – 6 Step LF to L Diagonal FWD
7 & 8 Step LF Back, Step RF Next to LF, Step LF in Place

SIV : Lindy L – Lindy R Pivot ¼

1 & 2 Step LF to L, Step RF beside LF, Step LF to L
3 – 4 Rock Back On RF, recover on LF
5 & 6 Step RF to R, Step LF Beside RF, Step LF To L
7 – 8 Rock Back on LF, Recover on LF

CHANGE STEP : SIDE – PIVOT ½ -FWD

1 – 2 & 3 Step RF to R, Step LF ½ turn R, step RF in place, Rock LF FWD

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