

Pretty Belinda

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Kaie Seger (EST) - April 2023
音乐: Pretty Belinda - Dr. Victor & The Rasta Rebels



SHUFFLE R SIDE, SHUFFLE L SIDE, REVERSE ROCKING-CHAIR

1 RF Step to the right side
& LF Step next to RF
2 RF Step to the right side
3 LF Step to the left side
& RF Step next to LF
4 LF Step to the left side
5 RF Rock back
6 LF Recover
7 RF Rock forward
8 LF Recover

SHUFFLE TURN WITH 1/2 R, 1/2 TURN R, ROCK R BACK, RECOVER, STEP R FORWARD, KICK-BALL-STEP

9 RF Turn 1/4 R, step to the right side (3.00)
& LF Step next to RF
10 RF Turn 1/4 R, step forward (6.00)
11 LF Turn 1/2 R, step back (12.00)
12 RF Rock back
13 LF Recover
14 RF Step forward
15 LF Kick forward
& LF Ball on left
16 RF Step forward

STEP ACROSS L, TOUCH R SIDE, STEP ACROSS R, TOUCH L SIDE, STEP BEHIND L, TOUCH R SIDE, COASTER-STEP BACK R

17 LF Step across RF
18 RF Touch right to right side
19 RF Step across LF
20 LF Touch left to left side
21 LF Step behind RF
22 RF Touch (or kick) right to right side
23 RF Step back
& LF Step next to RF
24 RF Step forward

Optional: Replace side touches with side kicks

TOE-HEEL STRUT WITH HIPS L, TOE-HEEL STRUT WITH HIPS R, 1/4 TURN R, STEP L ACROSS R, HOLD

25 LF Step left toe forward with hip bump left
26 LF Drop your left heel
27 RF Step right toe forward with hip bump right
28 RF Drop your right heel
29 LF Step forward
30 RF Turn 1/4 R with weight on R (3.00)
31 LF Step left across right

There is 1 tag in the dance.

Dance 10 walls in full. On wall 11 (facing 6.00):.....

Dance the first 8 counts, then walk 4 counts with R, L, R, L making a full circle to right and restart the dance (facing 6.00).

DANCE & ENJOY! ☐

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