

Nostalgia SMA

COPPER KNOB
STEPPERS

拍数: 32 墙数: 1 级数: Beginner
编舞者: Tri Retno Sukeksi (INA) - May 2023
音乐: Nostalgia SMA - Paramitha Rusady



Tag after W1, W2, W5 (12Count)

Tag after W4,W7,W9 (16Count)

Dance start son vocals.

Section 1 - WALK, HIP SWAY

1-2-3-4 (1-2)Step RF forward, Step LF forward over RF, (3) Step RF forward over LF, (4) Step LF to Left

5-6-7-8 (5-6) Swing hip R-L, (7-8) Swing hip R-L.

Section 2 - CROSS SHUFFLE, ROCK STEP.

1&2 Cross RF over LF, step LF to Left,Cross RF over LF

3-4 Rock LF to Left, recovery on RF.

5&6 Cross LF over RF, Step RF to Right, Cross LF over RF

7-8 Rock RF to Right, recovery on LF

Section 3 - BACK STEP, TOUCH, PADLE TURN LEFT 1/4 (2X)

1-2-3-4 (1-2) Step RF Back, Touch LF beside RF. (3-4) Step LF back, Touch RF beside LF.

5-6 Step RF forward on ball, 1/4 turn left weigh on LF

7-8 Step RF forward on ball, 1/4 turn left weight on LF.

Section 4 - WALK , SHUFFLE, PIVOT TURN RIGHT 1/2, SHUFFLE.

1-2 Step RF forward, Step LF over RF.

3&4 Step RF forward, step LF Beside RF, Step RF forward.

5-6 Step LF forward turn 1/2 to Right.

7&8 Step LF forward, step RF Beside LF, Step LF forward.

Tag

VINE, STEP SIDE ,TOUCH

1-2-3-4 Step RF to R, Cross LF behind RF, Step RF to Right, Touch LF Beside RF.

5-6-7-8 Step LF to Left, Cross RF behind LF ,Step LF to Left, Touch RF Beside LF.

1-2-3-4 Step RF to Right, Touch LF Beside RF. Step LF to Left, Touch RF Beside LF.

5-6-7-8 Repeat step (1-2-3-4).

Happy Dancing for Healthy

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