

It Wrecks Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Becky Hawthorne (USA) - September 2023
音乐: Wreckage - Nate Smith



Intro: 16 counts. Dance starts one count before the vocals. 1 Restart

Section 1: SIDE, TOGETHER, SIDE, BACK ROCK/RECOVER, REPEAT TO LEFT

1, 2, 3 Step RF to R side, Step LF next to RF, Step RF to R side
4 & Rock LF back, Recover weight forward to RF (&)
5, 6, 7 Step LF to L side, Step RF next to LF, Step LF to L side
8 & Rock RF back, Recover weight forward to LF (&)

RESTART HERE ON WALL 3

Section 2: SIDE, BEHIND, 1/4 FWD, FWD, 1/2 PIVOT, RUN, RUN, FWD ROCK/RECOVER

1, 2 Step RF to R side, Step LF behind RF
3, 4 1/4 Step RF forward (3:00), Step LF forward
5, 6 & 1/2 Pivot to R transferring weight fwd to RF (9:00), Run LF, Run RF (&)
7, 8 Rock forward on LF, Recover weight back on RF

Section 3: OPEN BOX BACK

1, 2 Step LF to L side, Step RF next to LF
3, 4 Step LF back, Touch RF next to LF
5, 6 Step RF to R side, Step LF next to RF
7, 8 Step RF back, Touch LF next to RF

Section 4: STEP, TOUCH, 1/2 SHUFFLE, SIDE ROCK/RECOVER, COASTER

1, 2 Step LF forward, Touch RF next to LF
3 & 4 Shuffle 1/2 turn: RF, LF(&), RF (3:00)
5, 6 Rock LF to L side, Recover weight to RF
7 & 8 Step LF back, Step RF next to LF (&), Step LF forward

Suggested ending: Song ends during Wall 8 after Section 4, count 4. The 1/2 Shuffle ends facing 9:00. 1/4 Point LF to L side, turning R to 12:00.

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