

Baby I Need U

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Diana Liang (CN) - November 2023
音乐: Rock My Body - R3HAB, Inna & Sash!



Intro 32 from lyric

S1: RL (Vine, Jump)

1-4 step Rf to R, step Lf behind, step Rf to R, jump both feet clapping once (landed with weight on Rf)

5-8. repeat 1-4 moves to Lf and ended weight on Lf

No Jump Option on 4th/8th: touch together clapping once

S2: (Forward, Side Point) RL, Cross, 1/4R Back, Chasse (or with Bending Knees)

1-4. step Rf forward slightly cross, point Lf to L side, step Lf forward slightly cross, point Rf to R side

Optional shimmy on 1-4

5-6. cross Rf over Lf, turn 1/4 to R stepping Lf back, 3H

7&8. step Rf to R side, step Lf next to Rf, step Rf to R side

Optional Bending Knees starting on 7 and finish on &, straightening up on 8

Restart here during W3, after changing 7&8 to 7-8 as stepping Rf to R side on 7, Cross Lf over Rf on 8

S3: LR (Cross, Side, Sailor)

1-2. cross Lf over Rf, step Rf to R side

3&4. step Lf behind Rf, step Rf to R side, step Lf to L side

5-6. cross Rf over Lf, step Lf to L side

7&8. Step Rf behind Lf, step Lf to L side, step Rf to R side

S4: Hip Bumps LR, Twists, Flick, Cross

1-2. Point Lf forward pushing hips up to L diagonal, drop down hips and L heel

3-4. step Rf ball next to Lf without weight pushing hips up to R diagonal, drop down hips and Rf heel. Weight on both feet

5-8 twist heels to L, twist heels to R, twist heels to L flicking Lf out, Cross Lf over Rf

Thanks and happy dancing!

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