

Grooving Through Noon

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 1 级数: Improver
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音乐: AM to PM - Christina Milian



S1: Mambo, Coaster, Side Mambo R, Side Mambo L

1&2 Right foot forward, Left foot forward, Right foot back
3&4 Left foot back, Right foot back, Left foot forward
5&6 Rock Right to Right side, Recover onto L, Right next to Left
7&8 Rock Left to Left side, Recover onto R, Left next to Right

S2: Dorothy x2, Out, Out, Run Back x4

1, 2& Right to Right diagonal, Left behind Right, Right to Right diagonal
3, 4& Left to Left diagonal, Right behind Left, Left to Left diagonal
5, 6 Right foot out, Left foot out
7&8& Run back Right, Left, Right, Left

S3: Rock Back, Recover, Shuffle, Step, ½, Heel-Toe-Heel-Toe

1, 2 Rock back on Right foot, Recover onto Left
3&4 Shuffle forward Right-Left-Right
5, 6 Step forward on Left, ½ turn Right (Weight on R)
7&8& Touch Left heel to Left side, Touch Left Toe to Left side, Repeat

S4: Side, Together, Shuffle, Side Together, Shuffle Back

1, 2 Left to Left side, Right next to Left
3&4 Shuffle forward Left-Right-Left
5, 6 Right to Right side, Left next to Right
7&8 Shuffle back Right-Left-Right

S5: Chasse, Heel x2, Chasse, Heel x2

1&2 Left to Left side, Right next to Left, Left to Left side
3, 4 Touch Right heel to Right side, Touch Right heel to Right side
5&6 Right to Right side, Left next to Right, Right to Right side
7, 8 Touch Left heel to Left side, Touch Left heel to Left side

S6: Step, 1/4, Step, 1/4, Box Forward, Kick Ball Change

1, 2 Step Left foot forward, ¼ turn Right
3, 4 Step Left foot forward, ¼ turn Right
5&6 Left to Left side, Right next to Left, Left foot forward
7&8 Kick Right foot forward, Right next to Left, Left next to Right (Weight on L)

Tag: 16 counts into Wall 5

1, 2 Rock back on Right foot, Recover onto Left
3, 4 Raise both heels, Place heels back down (Weight on L)