

Be Happy Dragon Year

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Beginner/Improver
编舞者: Michelle Chen (TW) - January 2024
音乐: Sawadee Thai Cousin (泰國的表弟) - Danny Koo (丹尼), Chang Yong (常勇), Pei Yong (培永), Shu Sen (舒森) & Chang Le (常樂)



Introduction : 8*6 counts

Start Foot : Right(RF)

Tag : None

Bridge(=Intro) : 8 Counts * 6

ReStart : None

Sequence : Intro-AAA-BB-Bridge-AAAA-BB-Bridge(8c*4)

Note : this dance can be designed for Contra face-to-face or whatever

Bridge(same as Intro): 8 counts * 6

Bdg1: TWIST R & FLICK

1 2 3 4 Both RF&LF Toe-Heel Swivel

5 6 7 8 Both RF&LF Toe-Heel Swivel, Flick LF

Bdg2: TWIST L & FLICK

1 2 3 4 Both RF&LF Toe-Heel Swivel

5 6 7 8 Both RF&LF Toe-Heel Swivel, Flick RF

Bdg3: TWIST R & FLICK

Bdg4: TWIST L & FLICK

Bdg5: HEEL BOUNCE L * 8 TIMES

1 2 3 4 Weight on RF and Heel-Bounce on LF

5 6 7 8 (Repeat 1-4)

Bdg6: HEEL BOUNCE R * 8 TIMES

1 2 3 4 Weight on LF and Heel-Bounce on RF

5 6 7 8 (Repeat 1-4)

Section A: 8 counts * 4

A1: STEP-TOGETHER-STEP-TOUCH R/L

1 2 3 4 (starting at 12:00)Step RF Rside, Step LF together, Step RF Rside, Touch LF beside RF

5 6 7 8 Step LF Lside, Step RF together, Step LF Lside, Touch RF beside LF

A2: ROCKING CHAIR, JAZZBOX

1 2 3 4 Rock RF Fwrd, Recover back to LF, Rock RF Bwrd, Recover back to LF

5 6 7 8 Step RF Cross LF, Step LF Bwck, Step RF Rside, Step LF together

A3: STEP-HOLD-TOUCH-HOLD R/L

1 2 3 4 Step RF Rside, Hold, Touch LF beside RF, Hold

5 6 7 8 Step LF Lside, Hold, Touch RF beside LF, Hold

A4: HIP SWAY

1 2 3 4 Sway Hip Rside-Lside-Rside-Lside

5 6 7 8 (Repeat 1-4)

Section B: 8 counts * 4

B1: HEEL SWIVEL L/R

1 2 3 4 Weigh on LF & Swivel RF Heel in-center-in, Step RF in place

5 6 7 8 Weigh on RF & Swivel LF Heel in-center-in, Step LF in place

B2: V-STEP, HIP SWAY

1 2 3 4 Step RF Diag Fwr, Step LF Diag Fwr, Step RF Diag Bwr, Step LF Diag Bwr(together)

5 6 7 8 Step RF Rside & Hip-Sway R/L/R/L

B3: HEEL SWIVEL L/R

1 2 3 4 Weigh on LF & Swivel RF Heel in-center-in, Step RF in place

5 6 7 8 Weigh on RF & Swivel LF Heel in-center-in, Step LF in place

B4-1: V-STEP, RUNNING

1 2 3 4 Step RF Diag Fwr, Step LF Diag Fwr, Step RF Diag Bwr, Step LF Diag Bwr(together)

5 6 7 8 Little Running in place on RF/LF/RF/LF

(Note: used on first B part)

B4-2: V-STEP, STEP-FLICK

1 2 3 4 Step RF Diag Fwr, Step LF Diag Fwr, Step RF Diag Bwr, Step LF Diag Bwr(together)

5 6 7 8 Step RF Rside, Flick LF out, Step LF Lside, Flick RF ou

(Note: used on second B part)

Notes for abbr.

RF(Right Foot) / LF(Left Foot)

Fwr(forward) / Bwr(backword) / Rside(right side) / Lside(left side)

Diag (diagonal)

TR(make a RightTurn) / TL(make a Left Turn)

Contact: If there is any question or suggestion, please don't hesitate to contact. Thanks a lot. Hope you like it.

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