

My Stupid Heart

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Elisabeth HS (INA) & Retno Ernawati (INA) - February 2024
音乐: My Stupid Heart (HUTS Remix) - Walk Off the Earth



No Tag, No Restart

Section 1 WALK, WALK SHUFFLE FORWARD, STEP FORWARD RECOVER, 1/2 TURN LEFT SHUFFLE FORWARD

1 - 2 step rf , lf
3&4 shuffle forward on rf, lf, rf
5 - 6 step lf forward, recover on rf
7&8 1/2 turn left, shuffle forward on lf, rf, lf (6 o'clock)

Section 2 1/4 TURN LEFT, HOLD, STEP, TOUCH, 1/4 TURN LEFT 1/4 TURN LEFT, BACK , SIDE , CROSS

1 - 2& 1/4 turn left on rf, hold, lf next to rf
3 - 4 rf to right, lf touch next to rf
5 - 6 1/4 turn left lf forward, 1/4 turn left rf to right,
7&8 lf behind rf, rf to right, lf cross over rf (3 o'clock)

SECTION 3 HIP BUMP UP DOWN UP, BEHIND SIDE CROSS RL

1 &2 Touch RF diagonal forward & bump R hip up, bump R hip down, bump R hip up
3 &4 Step RF behind LF, step LF to L, cross RF over LF
5 &6 Touch LF diagonal forward, bump L hips up, bump R hips down, bump L hip up
7 &8 Step LF behind RF, step RF to R, cross LF over RF

SECTION 4 STEP FORWARD, SAILOR 1/2 TURN R, SIDE TOUCH, KICK BALL CHANGE

1 - 2 Rock RF forward , recover onto LF
3 &4 Step RF behind LF Turn 1/2 R, step LF to L, step RF to R
5 - 6 Step LF to L, touch RF next to LF
7 &8 Kick RF forward, step RF next to LF, close LF next to RF

Finish enjoy, happy dancing
