

Silly Me

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Easy Improver
编舞者: Sebastiaan Holtland (NL) - April 2024
音乐: Silly Me - Jess Glynne



Intro: Slow 08 cts start approx (0:06 secs). no tags or restarts

S1: [1-8] L Side, R Behind, L Side, R Cross & Cross, L Side, R Cross Rock, R Side, L Step Lock Step Back.

1,2& LF step left (1), RF step behind LF (2), LF step left (&).
3&4& RF step across LF (3), LF step left (&), RF step across LF (4), LF step left (&).
5&6 RF cross rock fwd (5), LF recover (&), RF step right (6).
7&8 LF step back (7), RF lock in front LF (&), LF step back (8).

S2: [9-16] R Side, L Behind, R Side, L Cross & Cross, R Side, L Cross Rock, L Side, R Step Lock Step.

1,2& RF step right (1), LF step behind RF (2), RF step right (&).
3&4& LF step across RF (3), RF step right (&), LF step across RF (4), RF step right (&).
5&6 LF cross rock fwd (5), RF recover (&), LF step left (6).
7&8 RF step fwd (7), LF lock behind RF (&), RF step fwd (8).

S3: [17-24] L Step Lock Step Fwd 3/8 L, R Knee Lift, R Step Lock Step Fwd 3/8 L, L Knee Lift, L Step Lock Step Fwd 1/8 L, R Step Lock Step Fwd.

1&2& LF step lock step 3/8 turn left fwd (7.30) (1&2), RF lift R knee up (&).
3&4& RF step lock step 3/8 turn left fwd (4.30) (3&4), RF lift L knee up (&).
5&6 LF step lock step 1/8 turn left fwd (3.00) (5&6).
7&8 RF step lock step fwd (7&8).

S4: [25-32] L Mambo Step, R Behind with Sweep L, L Behind with Sweep R, R Sailor Step, Hold, L Together, R Step.

1&2 LF mambo fwd (1), RF recover (&), LF step slightly back (2).
3,4 RF step behind LF and sweep LF from front to back (3), LF step behind RF and sweep Rf from front to back (4).
5&6 RF step behind LF (5), LF step left (&), RF step right (6).
7&8 Hold (7), LF step beside RF (&), RF step fwd (8).

REPEAT THE DANCE AND HAVE FUN !!