

Mixed Emotions

COPPERKNOB
BY STEPHEN HETS

拍数: 48 墙数: 4 级数:
编舞者: Bryan Sabo (USA) - April 2024
音乐: High Heels - Party Down Under - Flo Rida, Walker Hayes & Sam Feldt



Tag on wall 3

Dance starts on the lyric "Parties" in first chorus

[1-8] Sailor Steps x4 starting with weight on RF

1&2 Step LF behind RF, Shift weight to RF, step LF next to RF
3&4 Step RF behind LF, Shift weight to LF, step RF next to LF
5&6 Step LF behind RF, Shift weight to RF, step LF next to RF
7&8 Step RF behind LF, Shift weight to LF, step RF next to LF

[9-16] Rock recover, 3/4 spin, body roll, shuffle back, hitch

9-10 Rock LF behind RF, shift weight back to RF
11-12 Spin ¾ turn R landing forward on LF and starting body roll
13&14 Finish body roll ending weight back on RF, Touch LF to RF, Step RF back
15-16 Hitch LF, Step LF forward

[17-24] 1 ¼ turn L, Slide touch, step turn

17-20 1 ¼ turn L while stepping RF, LF, Slide out on RF, Touch LF to RF
21-24 Step LF ¼ turn L, Step RF forward, ½ turn L, Step RF forward

[25-32] Paddle ½ turn R, R coaster step, step, kick, walk back

25-26 Step LF forward pushing ½ turn R, Land back on LF
27&28 Step back on RF, Step LF next to RF, Step RF forward
29-32 Step LF forward, Kick RF, Step RF back, Step LF back

[33-40] Backwards camel walk, R sailor step, L sailor step

33-34 Step RF back while popping L knee, Step LF back while popping R knee
35-36 Step RF back while popping L knee, Step LF back while popping R knee
37&38 Step RF behind LF, Shift weight to LF, Step RF next to LF
39&40 Step LF behind RF, Shift weight to RF, Step LF to L making ¼ turn L

[41-48] Step shuffle, Rock recover, ¼ turn R, Weight shifts

41,42 & 43 Step RF forward, Shuffle forward L, R, L
44-45 Step Rf forward, Recover weight on LF
46-48 ¼ turn R stepping RF to side, Shift weight to LF, Shift weight back to RF

Tag Wall 3

[1-4] Cross Unwind at end of Wall 3

1-4 Step LF next to RF, Cross RF over LF, Full turn L, End with weight on RF