

Take Back Your Life

COPPERKNOB
BY STEPHANIE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marianne van der Toorn Vrijthoff (NL) - May 2024
音乐: Take Back Your Life (feat. Sha) - Duguneh & Mohombi



Intro: 16 counts from the good beat (16 sec) No Tag, No Restart

SEC 1: CHASSE R, ROCK BACK, RECOVER, CHASSE L, ROCK BACK, RECOVER

1&2 RF.step to R-side – LF. step next to RF – RF.step to R-side (12.00)
3-4 LF. rock back – RF. recover
5&6 LF. step to L-side – RF. step next to LF – LF. step to L-side
7-8 RF. rock back– LF. recover

SEC 2: CROSS, POINT, CROSS, POINT, CROSS, 1/4 R-STEP BACK, SWAY R-L

1-2 RF. cross over LF – LF. tap toe to L-side
3-4 LF. cross over RF – RF. tap toe to R-side
5-6 RF. cross over LF - LF. 1/4 turn R, step back (3.00)
7-8 RF. sway to R-side - LF. sway to L-side

SEC 3: SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER

1&2 RF. step fwd – LF. step together – RF. step fwd
3-4 LF. rock fwd– RF. recover
5&6 LF. step back – RF. step together – LF. step back
7-8 RF. rock back – LF. recover (3.00)

SEC 4: PIVOT 1/4, PIVOT 1/4, SIDE ROCK, RECOVER, SIDE, TOUCH

1-2 RF. step fwd – LF. 1/4 turn L (12.00)
3-4 RF. step fwd – LF. 1/4 turn L (9.00)
5-6 RF. rock to R-side, LF. recover
&7-8 RF. step together – LF. step to L-side – RF. touch next to LF (9.00)

Start again !
