

Promise (诺言 Nuo Yan)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Heru Tian (INA) - June 2024
音乐: Hai Lai A Mu (海来阿木) - Nuo Yan (诺言)



****2 Tags, 1 Restart**

****Tag 4&C at the end of Wall 2 & 6 (12.00 & 6.00)**

Fwd, Hitch, Mambo Sweep, Rock Back

1 2&3 Step RF fwd, Hitch LF (1), Rock LF fwd (2), Recover on RF (&), Step LF bwd, Sweep RF front to back (3)

4& Rock RF bwd (4), Recover on LF (&)

*****Restart on Wall 5 after 16C (Make a 1/8L to Restart facing 12.00)**

Section 1 : Fwd, Hitch, Mambo Sweep, Behind, Side, 1/8L Fwd, Rock Fwd, 1/4L Side Lunge, 1/4R Fwd, 1/2R Together

1 2&3 Step RF fwd, Hitch LF (1), Rock LF fwd (2), Recover on RF (&), Step LF bwd, Sweep RF front to back (3)

4&5 Step RF back (4), Step LF to L Side (&), 1/8L, Step RF fwd (5) (10.30)

6&7 Rock LF fwd (6), Recover on RF (&), 1/4L, Lunge LF to L Side (7) (7.30)

8& 1/4R, Step RF fwd (8) (10.30), Make a 1/2R, Step LF Next to RF (&) (4.30)

Section 2 : 1/8R Fwd, Sweep, Cross, Side, Rock Back, Side, Together, Basic NC, 3/8L Back, Back Kick, Back, Drag/Touch

1 2& 1/8R, Step RF fwd, Sweep LF back to front (1), Cross LF over RF (2), Step RF to R Side (&) (6.00)

3&4& Rock LF bwd (3), Recover on RF (&), Step LF to L Side (4), Step RF next to LF, slightly bend both knees (&)

5 6& Take a long step LF to L Side (5), Step RF slightly behind LF (6), Cross LF over RF (&)

7 8& 3/8L, Step RF back, Kick LF back (7) (1.30), Step LF back (8), Drag RF into Touch next to LF (&)

Section 3 : 1/2R Walks and Shuffle Around, Sweep, 1/8L Diamond Step

1 2 3&4 1/8R, Step RF fwd (1), 1/8R, Step LF fwd (2), 1/8R, Step RF fwd (3), Step LF Next to RF (&), 1/8R, Step RF fwd, Sweep LF back to front (4) (7.30)

5&6 Cross LF over RF (5), Step RF to R Side (&), Step LF back, Sweep RF front to back (6)

7&8 Step RF back (7), 1/8L, Step LF to L Side (&), Cross RF over LF (8) (6.00)

Section 4 : Side, Together Touch, Side, Behind, 1/4R Fwd, Sweep, Cross, Behind, Side, 1/4R Fwd, Pivot 1/2R, Full Spiral R, Walks

1&2& Step LF to L Side (1), Touch RF next to LF (&), Step RF to R Side (2), Step LF Behind RF (&)

3 4& 1/4R, Step RF fwd, Sweep LF back to front (3), Cross LF over RF (4), Step RF back (&) (9.00)

5 6 Step LF to L Side (5), 1/4R, Step RF Fwd (12.00)

&7& Step LF fwd (&), Pivot 1/2R, Step RF in place (7), Step LF, make a full spiral turn R (&) (6.00)

8& Walk RF fwd (8), Walk LF fwd (&)

(Easier option without turning : Step LF Fwd (&), Lock RF behind LF (8), Step LF Fwd (&))

Start again..

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