

Relapse

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Kathleen Crocker (USA) - July 2024
音乐: Relapse - Warren Zeiders



Sec. 1 (1-8) R Cross Rocking Chair, Weave, Point

1,2,3,4 R forward cross rock, recover to L, R back rock, recover to L
5,6,7,8 Cross R over L, L to L side, R behind L, point L toe to L side –angle to 1:30

Sec. 2 (9-16) L Cross Rocking Chair, ¼ Modified Jazz Box, Touch R

1,2,3,4 L forward cross rock, recover to R, L back rock, recover to R
5,6,7,8 Cross L over R, ¼ turn L stepping back on R, step L to L side, Touch R next to L

****RESTART HERE WALL 9**

Sec. 3 (17-24) Step R Forward, Sweep L, Step L Forward, Sweep R, ½ Turn Jazz Box

1,2,3,4 Step forward R, Sweep left foot from back to front, Step L forward, sweep R from back to front
5,6,7,8 Cross R over L, 1/4 turn R stepping back on L, step R foot ¼ turn R, step L forward

Sec. 4 (25-32) Rock Forward, Recover, Rock Side, Recover Rock Back, Recover, Sway R then L

1,2,3,4 Rock forward on R, Recover L, Rock R to R side, Recover L
5,6,7,8 Rock back on R, Recover L, Step R to R side sway hips R, sway hips L

RESTART: Wall 9 after 16 counts
