

Bring the Wow

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Robyn Womack (USA) - July 2024
音乐: Bring the Wow - Kali J & Nathan Fields



Start after 16 counts - Start facing 12:00

No tags or restarts!

(1-8) Walk forward R-L, side Mambo right. Walk forward L-R, side Mambo left.

1-2 Step forward on R (1) Step forward on L (2)
3&4 Side Mambo R: Rock R foot out to right (3) recover to L (&) step R to L (4)
5-6 Step forward on L (5) Step forward on R (6)
7&8 Side Mambo L: Rock L foot out to left (7) recover to R (&), step L to R (8)

(9-16) R heel grind with ¼ turn right. Shuffle back on R. Rock back on L and recover, ¼ turn right with heel swivels (6:00)

1-2 Step forward on R with heel grind (1), ¼ turn right (2) (3:00)
3&4 Shuffle back on R. (3&4)
5-6 Rock back on L and recover (5-6)
7&8 Step L forward (7), pivot ¼ right, swiveling heels to L (&), swivel heels back to center (8) (6:00)

(17-24) R and L toe struts forward, R rock forward and recover. R pony back

1-2 Step R toe forward (1), step down on heel (2)
3-4 Step L toe forward (3), step down on heel (4)
5-6 R rock forward/recover to L (5-6).
7&8 R pony back (7&8)

(25-32) L pony back, R pony back, L rock back recover, ¼ turn R and touch R to L

1&2 L pony back (1&2)
3&4 R pony back (3&4)
5-6 L rock back/recover to R (5-6)
7-8 Step L to left, making ¼ right turn (7) and touch R to L (8) (9:00)

(33-40) Touch right toe back behind left, ½ turn military turn right (3:00). Two heel bounces left. Shimmy L and touch R to left, shimmy R and touch L to R. (12:00)

1-2 Touch R toe back behind L (1), ½ turn military turn right (2) (3:00).
3-4 Two heel bounces while turning ¼ left (3-4) (12:00)
5-6 Step L to left and shimmy (5) touch R to L (6)
7-8 Step R to right and shimmy (7) and step L to R, putting weight to L (8)

(41-48) ¼ right Monterey turn (2x)

1-2 Monterey turn: pointing R toe to right (1) bring R to L, making ¼ right turn (3:00) (2)
3-4 Point L toe to side (3), bring L to R (4)
5-6 Monterey turn: pointing R toe to right (1) bring R to L, making ¼ right turn (6:00) (2)
7-8 Point L toe to side (3), bring L to R (4)

(49-56) R Side rock, recover, behind side cross. L side rock recover, behind side cross

1-2 R side rock, recover to L (1-2)
3&4 Step R behind L (3) step L to side (&) step R across L (4)
5-6 L side rock, recover to R (5-6)
7&8 Step L behind R (7) step R to side (&) step L across R (8)

(57-64) Roll R hip to left, Roll L hip to R then a Jazz box in place

- 1-2 Step R to right and begin rolling hip from left to right (1), finish hip roll to right (2)
- 3-4 Roll hip from left to right (3-4)
- 5-6 Jazz box in place: Step R across L (5), step L back (6)
- 7-8 Step R to right (7), step L to R (8)

There are no tags or restarts. Enjoy!
