

Highs & Lows EZ

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Maryse Fourmage (FR) - 14 September 2024
音乐: Highs & Lows - Matt Cooper



No Tag – No Restart

Start 0,12s approximately – 16 count

[1-8] Walk, Walk, Kickx2, Hoock, Triple-Step, Step

1-2 Walk FW: R, L
3-4 R Kick FWx2
5-6& RF back with L Hoock over RF, LF FW, RF next to LF
7-8 LF FW, RF FW

[9-16] ¼ L, Cross shuffle, Rock side, Chassé L, RF back

1-2& ¼ L (finish weight on LF), Cross RF over LF, LF to the L side
3-4 Cross RF over LF, LF to the L side
5-6& Recover to RF, LF to the L side, RF next to LF
7-8 LF to the L side, RF behind

[17-24] Recover LF, Chassé R, Rock back, Step, ¼ R, Step FW

1-2& Recover to LF, RF to the R side, LF next to RF
3-4 RF to the R side, LF back
5-6 Recover to RF, LF FW
7-8 ¼ R (finish weight on RF), LF FW

[25-32] ¼ R, Cross, Back, Side, Point, Point, Point, Touch

1-2 ¼ R (finish weight on RF), Cross LF over RF
3-4 RF back, LF to the L side
5-6 Point R FW, Point R tot the R side
7-8 Point R FW, Touch RF next to LF *

Final : Jazz-Box ¼ R: 7-8&1 Cross RF over LF, LF back, Make ¼ R RF to the R side, LF FW

Smile et enjoy the dance

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