

Beautiful Mind

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Sandy Kerrigan (AUS) - September 2024
音乐: All of Me - M&N Pro : (Album: Kizoma Mix - iTunes)



Dance Info: Dance starts wt on Left-Dance starts on lyrics.
BPM [84:] Track Length 3:25 – There are no tags or restarts.

Step Side R, Ball of L behind R (lifting R off the floor), Replace to R (Whisk) Step Side L, Ball of R behind L (lifting L off the floor), Replace to L(Whisk) Open Side Push Rock Step – R, L, R, L (wide) 12:00

1 a 2 Push R to R Side, Ball of L behind R, Replace to R

3 a 4 Push L to L Side, Ball of R behind L, Replace to L

Note: You can also dance 1&2 3&4

5 6 Push Rock R to R Side, Push Rock L to L Side

7 8 Push Rock R to R Side, Push Rock L to L Side

Note: The push side rocks show a wide open stance.

Right Cross Shuffle, Cross, Step Side, Back Left Coaster Step, Walk Fwd, Fwd 12:

1 & 2 Cross R over L, Ball of L behind R, Cross R over L

3 4 5 & 6 Cross L over R, Step R to R Side, Step Back L, Step R next to L, Step Fwd L

7 8 Walk Fwd R, Walk Fwd L

¼ Pivot L, Cross, ½ Left Shuffle Box, Side, Together, Shuffle Back Right 9:00

1 & 2 Step Fwd R, Pivot ¼ L-wt on L, Cross R over L

3 & 4 5 6 Step L to L, Step R next to L, Step Fwd L, Step R to R Side, Step L next to R

7 & 8 Step Back on R, Step L next to R, Step Back on R

Step Back L, Step R to L, Left Cross Rock, Step Side, R Cross Rock, ¼ R, Fwd L, ½ Pivot R, Step Fwd L 6:00

1 2 3 & 4 Step Back L, Step R next to L, Cross Rock L over R, Replace to R, Step L to L

5 & 6 Cross Rock R over L, Replace to L, Turing ¼ R- Step R Fwd to 12:00

7 & 8 Step Fwd L, ½ Pivot Turn R to 6:00-wt on R, Step Fwd L: **Ending 12:00

Note: Ending 12:00-Circle both your arms to side and forward.**

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