

Apt Apt

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Improver
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音乐: APT. - ROSÉ & Bruno Mars



Sequence : A, B, A, B, A, B (16C), B, B (last 32 C), A, A

A : 32 counts

Sec 1 PUSH HIP (FWD - BACK - FWD) - 1/4 L FLICK - PUSH HIP (FWD-BACK-FWD) - L FLICK

1 - 2 Step R forward while push hip on R, push back hip on L
3 - 4 Push hip on R, flick L turn 1/4 L.
5 - 6 Step L forward while push hip on L, push back hip on R
7 - 8 push hip forward on L , flick R

Sec 2 PUSH HIP (FWD-BACK-FWD) - 1/4L SIDE - CLOSE - HOLD - SHIMMY

1 - 2 Step R forward while push hip on R. Push back hip on L
3 - 4 Push forward hip on R, 1/4 L step L to left
5 - 6 close R beside L, hold
7 & 8 shimmy (3Count)

Sec 3 - Repeat Sec 1

Sec 4 - Repeat Sec 2

B : 64 counts

Sec 1 WEAVE (L)- SIDE - CLOSE- HEEL BOUNCE

1 - 2 cross R over L , step L to left
3 - 4 Step R behind L, step L to left
5 - 6 cross R over L, step L to L 1/8 R (facing 13.30)
7& 8 Close R beside L - heels up - heels down

Sec 2 WEAVE (R) - SIDE - CLOSE - HEEL BOUNCE

1 - 2 Cross L over R , Step R to right
3 - 4 Step L behind R, Step R to right
5 - 6 Cross L over R, step R to R 1/8 L (facing 10.30)
7 & 8 Close L beside R - heels up - heels down

Sec 3 - TOE STRUT (RL) - CROSS - BACK -

SLIDE RIGHT

1 - 2 step R toe diagonal I, drop R heel down,
3 - 4 step L toe diagonal L. Drop L heel down
5 - 6 Cross R over L, step L back
7 - 8 Slide R to R

Sec 4 : TOE STRUT (LR) - JAZZBOX TOUCH

1 - 2 Step L toe diagonal R, drop L heel down
3 - 4 Step R toe diagonal R, drop R heel down
5 - 6 Cross L over R, step R behind L
7 - 8 Step L to left, touch R beside L

SEC 5. SLIDE - DRAG - BACK ROCK (RL)

1 - 2 Slide R to right , drag L toward R

- 3 - 4 Step L behind R, recover on R
- 5 - 6 Slide L to left, Drag R toward L
- 7 - 8 Step R behind L, Recover on L

SEC 6. TOE STRUT FWD (RL) - ROCKING CHAIR

- 1 - 2 Step R toe forward, drop R heel down
- 3 - 4 Step L toe forward, drop L heel down
- 5 - 6 Step R forward, Recover on L
- 7 - 8 Step back on R, Recover on L

SEC 7 SLIDE DRAG - BACK ROCK (RL)

- 1 - 2 Slide R to right , drag L toward R
- 3 - 4 Step L behind R, recover on R
- 5 - 6 Slide L to left, Drag R toward L
- 7 - 8 Step R behind L, Recover on L

SEC 8. TOE STRUT FWD (RL) - PIVOT 1/2L - WALK (RL)

- 1 - 2 Step R toe forward, drop R heel down
 - 3 - 4 Step L toe forward, drop L heel down
 - 5 - 6 Step R forward, 1/2 L step forward on L
 - 7 - 8 Step R forward, Step L fo
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