

LaLa's APT

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: APT. - ROSÉ & Bruno Mars



S1] CHARLESTON) TOUCH FORWARD, STEP BACK, TOUCH BACK ,L Pivot 1/2, L1/4 Rf CHASSE

1-2 Touch Right toe forward, step BACK Right
3-4 Touch Left toe back, step forward Left
5-6 Rf forward, L 1/2 Pivot turn,
7&8 L 1/4 Rf Chasse

S2] Behind, Side Cross shuffle Diagonal Side, Together. Chasse R

1-2 LF cross behind RF, RF step side
3&4 Lf Cross shuffle
5-6 Diagonal Rf Side, Lf Together
7&8 Rf Chasse.

S3] SIDE, TOGHTER, SIDE, TOUCH (with arms motion) Twist heel toe heel .Hold with clap

1-4 Lf Side, Rf Together, Lf Side, Rf Touch /with arms motion : Raise your arms up to your shoulders and turn counterclockwise (see demo video)
5-8 Both heel twist to Right, both toe twist to Right,Both heel twist to Right, hold with Clap

S4] R HIP BUMP, L Hip Bump, Swivel,L Hip Bump (with hand motion)

1&2 R Hip Bump
3&4 L Hip Bump
5-6 Rf Heel swivel to Right ,Lf Heel swivel to left
7&8 L Hip Bump

Hand motion : Put your hands parallel to the floor, move them up and down, and in the last hip bump, pull your elbows down with your arms like muscle boasting^^ (see demo video)
