

Nuo Yan 2025

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Beginner
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音乐: Nuo Yan (诺言) (Dj小蒋版) - Xi Xi (希希)



Sec 1. : Walk fwd RLRL, Sway RLRL

1 - 4 Walk fwd RLRL
5 - 8 Sway RLRL

Sec 2. : Walk bac RLRL, Sway RLRL

1 - 4 Walk Back RLRL
5 - 8 Sway RLRL

Sec 3. : Jazz box in place, Jazz box turn ¼ R

1 - 2 Cross RF over LF, Step LF back
3 - 4 Step RF to side , cross LF over RF
5 - 6 Cross RF over LF, Step LF back
7 - 8 Step RF ¼ turn R, step LF over RF

Sec 4. : Touch LF,RF,LF,RF with roll hips

1 - 2 Step RF beside LF, LF touch with roll hips
3 - 4 Step LF beside RF, RF touch with roll hips
5 - 6 Step RF beside LF, LF touch with roll hips
7 - 8 : Step LF beside RF, RF touch with roll hips

Sec 5. : Monterey ¼ turn R (x2)

1 - 2 RF side point, together (1/4 turn)
3 - 4 LF side point, together on RF
5 - 6 RF side point, together (1/4 turn)
7 - 8 LF side point, together on RF

Sec 6 : Step Lock Step diagonal R/L

1 - 4 Step RF fwd diagonal R, Step LF lock behind RF
5 - 8 Step LF fwd diagonal L, step RF lock behind LF

Sec 7. : K step

1 - 2 Fwd RF diagonal R, LF touch
3 - 4 Back LF diagonal L, RF touch
5 - 6 Back RF diagonal R, LF touch
7 - 8 Fwd LF diagonal L, RF touch

Sec 8 : Shake hips R/L

1 - 4 Hips on R
5 - 8 Hips on L

Have fun and enjoy this dance.
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