

Love Certified

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Love Certified - Ronnie Milsap/Patti Labelle



STEP BACK, TOUCH AND LOOK, SHUFFLE FORWARD, STEP, TOGETHER, HEEL DROP, STEP, TOGETHER, HEEL DROP

- 1-2 Step right back, touch left toes beside right as you look back over your right shoulder and snap fingers to right side
- 3&4 Step left forward, step right beside left, step left forward
- 5&6 Step right forward to right diagonal, step left beside right raising heels, drop heels to floor
- 7&8 Step left forward to left diagonal, step right beside left raising heels, drop heels to floor

2 X ¼ PADDLE TURN LEFT, KICK-BALL-POINT, ¼ LEFT WITH SHOULDER ROLL, COASTER STEP

- 1&2 On ball of left make ¼ turn left and touch right toes to side, hitch right knee, on ball of left make ¼ turn left and touch right toes to side (6:00)
- 3&4 Kick right forward, step ball of right beside left, touch left toes to left
- 5-6 With left toes still touching floor pull right shoulder up and back, make ¼ turn left weight ends on right and left toes are touching forward hell is raised (3:00)
- 7&8 Step left back, step right beside left, step left forward

CROSS WALKS FORWARD RIGHT AND LEFT, STEP LOCK, BALL-½ TURN-TOUCH. ¼ TURN HIP BUMPS

- 1-2 Step right forward to left diagonal, step left forward to right diagonal
- 3-4 Step right forward, lock left behind right
- &5-6& Step ball of right forward, on ball of right make ½ turn left and touch left heel forward, hold (9:00)
- &7&8& Making ¼ turn left step left beside right, bump hips right, bump hips center, bump hips right weight remains on left throughout (6:00)

CROSS, POINT, STEP, ½ TURN KICK, ¼ TURN WEAVE, HINGE ½ TURN

- 1-2 Cross right in front of left, point left side left
- 3-4 Step left forward and squat down (keep it small), make ½ turn right and kick right forward
- 5&6 Making ¼ turn right step right behind left, step left to side, step right across left
- 7-8 Step left to side, on ball of left make ½ turn right stepping right to side

MAMBO ROCKS DIAGONALLY FORWARD AND BACK, MAMBO ¼ TURN TOUCH

- 1&2 Rock left foot forward, recover weight on right, step left beside right and clap hands
- 3&4 Rock right foot forward, recover weight on left, step right beside left and clap hands
- 5&6 Rock left behind right, recover weight on right, step left to left
- 7&8 Making ¼ turn right rock right behind left, recover weight on left, touch right beside left

CROSS WALKS FORWARD RIGHT AND LEFT, STEP LOCK, BALL-½ TURN-TOUCH. ¼ TURN HIP BUMPS

- 1-2 Step right forward to left diagonal, step left forward to right diagonal
- 3-4 Step right forward, lock left behind right
- &5-6& Step ball of right forward, on ball of right make ½ turn left and touch left heel forward, hold
- &7&8& Making ¼ turn left step left beside right, bump hips right, bump hips center, bump hips right weight remains on left throughout

REPEAT

