

Mission Impossible

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Advanced
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音乐: Mission Impossible Theme - IMF



RIGHT KICK BALL POINT, STEP HEEL DROP TURN

- 1 Right kick foot forward
- & Step onto ball of right foot
- 2 Point left toe to left
- & Bring left foot back to home
- 3 Step forward on ball of right foot
- &4 Turn ¼ to left as you drop heels, right then left

Finish with weight on right leg

LEFT KICK BALL POINT, STEP HEEL DROP TURN

- 5&6&7&8 Repeat above starting with left foot turning to right

Finish facing original wall with weight on left leg

¼ TURNING SAILOR SHUFFLE, LEFT PIVOT

- 1 Step behind with right, ¼ turning to right
- & Step left beside right
- 2 Step forward with right
- 3 Step forward with left
- 4 Pivot ½ turn to right, transferring weight onto left

Keep weight on left

REVERSE ¾ PIVOT TURN, ROCK STEP

- 5 Step back with right foot, transferring weight onto right (small step)
- 6 Turn ¾ turn to right
- 7 Rock forward onto left
- 8 Replace weight onto right

HEEL CROSS SLIDES, TURN, HEEL CROSS SLIDES

- 1 Touch left heel forward (weight on right)
- & Cross left over right locking calf of left leg against shin of right leg
- 2 Straighten left leg pushing right leg back as you change weight onto left leg continuing slide back with right leg
- 3&4 Repeat starting with right leg

Weight will finish on right leg

- 5&6-7&8 Keeping weight on right leg turn ½ turn to left

This puts you in position with your left foot forward to repeat both left and right heel cross slides

STOMP BALL CHANGE, SYNCOPATED HEEL DROP PIVOT

- 1 Stomp left foot in place
- & Step back with left
- 2 Step forward with right
- 3 Step forward with left
- & Turn ½ turn to right dropping left heel down
- 4 Drop right heel down

BACK ROCK, HEEL DROP TURN

- 5 Step back on right

- 6 Replace weight on to left
- 7 Step forward on ball of right foot
- &8 ¼ turn to left as you drop heels right then left

REPEAT
