

Move In My Direction

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Move in My Direction - Bananarama



WALK, WALK, KICK BALL CROSS, ¼ TURN STEP FORWARD, ¼ TURN STEP SIDE, SAILOR STEP ¼ TURN

1-2 Right foot step forward, left foot step forward
3&4 Right foot kick, right foot close next to left foot, left foot cross over right foot
5-6 ¼ turn right with right foot step forward, ¼ turn right step left foot to left side
7&8 Right foot cross behind left foot, start turning ¼ turn right step left foot slightly back, finish ¼ turn right with right foot step forward

KICK & POINT SWITCHES, ½ TURN LEFT, COASTER STEP

1&2 Left foot kick forward, left foot cross over right foot, right foot point to right side
&3& Right foot close next to left foot, left foot point to left side, left foot close next to right foot
4&5 Right foot kick forward, right foot cross tight over left foot, left foot point back
6 Sharp ½ turn left (weight is on right foot)
7&8 Left foot step back, right foot close next to left foot, left foot step forward

ROCK, RECOVER, TRAVELIN ½ TURN LEFT, SHUFFLE LEFT FORWARD, HEEL DIG, HITCH, STEP BACK

1-2 Right foot step forward, recover weight on left foot
3&4 Start turning ½ turn left right foot step back, keep turning left foot step left, finish ½ turn left with right foot step forward
5&6 Shuffle forward left, right, left
7&8 Right foot heel-dig forward, hitch right knee, right foot step back

POINT BACK, ¼ TURN LEFT, SNAKE ROLL, BEHIND, SIDE, STEP FORWARD, ¾ TURN LEFT, TOUCH

1-2 Left foot point back, ¼ turn left snake roll left (body roll to left side)
3&4 Right foot cross behind left foot, left foot step to left side, right foot step forward
5-6 Left foot step forward, ½ turn left right foot step back
7-8 ¼ turn left with left foot step to left side, touch right foot next to left foot

REPEAT