

Nelly's Dilemma

COPPER KNOB
BY STEPHEN B. BROWN

拍数: 80 墙数: 1 级数: Intermediate
编舞者: Claire B
音乐: Dilemma (feat. Kelly Rowland) - Nelly



BACK ROCK SIDE, COASTER ¼ TURN LEFT, STEP, ½ PIVOT, STEP FORWARD, 1& ¼ TRIPLE TURN RIGHT

1&2 Rock right behind left, rock forward onto left, step right long step to right
3&4 Step left behind right, step right next to left, step forward on left making ¼ turn left
5&6 Step forward on right, pivot ½ turn left, step forward right
7&8 Triple step on left right left making 1&¼ turn right

BACK ROCK SIDE, COASTER ¼ TURN LEFT, STEP, ½ PIVOT, STEP FORWARD, 1& ¼ TRIPLE TURN RIGHT

9-16 Repeat steps 1-8

RIGHT LOCK BACK, COASTER STEP, RIGHT AND LEFT MAMBO CROSSES

17&18 Step back on right, lock left over right, step back on right
19&20 Step back on left, step right next to left, step forward on left
21&22 Rock right to side, rock onto left in place, cross step right over left
23&24 Rock left to side, rock onto right in place, cross step left over right

RIGHT SIDE, BEHIND, ¼ TURN RIGHT, FORWARD MAMBO STEP, RIGHT LOCK BACK, 1&¼ TRIPLE TURN LEFT

25&26 Step right to right, step left behind, step forward on right making ¼ turn right
27&28 Rock forward on left, recover weight on right, step back on left
29&30 Step back on right, lock left over right, step back on right
31&32 Triple step on left right left making 1& ¼ turn left

SYNCOPATED WEAVE RIGHT, RIGHT MAMBO CROSS, LEFT SIDE, BEHIND, ¼ TURN LEFT, STEP, PIVOT ¼ LEFT CROSS

33&34& Step right to right, cross left behind right, step right to right, cross left in front of right
35&36 Rock right to side, rock onto left in place, cross step right over left
37&38 Step left to left, cross right behind left, step forward on left making ¼ turn left
39&40 Step forward on right, pivot ¼ turn left, cross step right over left

FORWARD, TOUCH, STEP BACK, TRIPLE ½ TURN LEFT, FORWARD, TOUCH, STEP BACK, TRIPLE ½ TURN RIGHT

41&42 Step forward on left, touch right toe behind left, step back on right
43&44 Triple step on left right left making a ½ turn left
45&46 Step forward on right, touch left toe behind right, step back on left
47&48 Triple step on right left right making ½ turn
49-64 Repeat 33-48 leading with opposite foot

GRAPEVINE RIGHT, KICK, LEFT SIDE, BEHIND, ¼ TURN LEFT, GRAPEVINE RIGHT, KICK, LEFT SIDE BEHIND, ¼ TURN LEFT

65&66& Step right to side, cross left behind right, step right to side, kick left diagonally left
67&68 Step left to left, cross right behind, step forward on left making a ¼ turn left
69-80 Repeat 65-68 making a box shape, finishing at the home wall

REPEAT

