

Return Of The Mack

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Tim Tanner (USA)
音乐: Return of the Mack - Mark Morrison



½ CUT VAUDEVILLE STEP

- &1 Right foot to right side, left heel forward
- &2 Left foot back to center, right foot beside left foot
- &3 Left foot to left side, right heel forward
- &4 Right foot back to center, left foot beside right foot
- &5 Right foot to right side, left heel forward
- &6 Left foot back to center, right foot beside left foot
- &7 Left foot to left side, right heel forward
- &8 Right foot back to center, left foot beside right foot

BLUES BROTHERS SHUFFLE

- & Raise right knee and cross over left thigh
 - 9 Step to right with right foot and with both feet planted firmly, rock both knees to the right
 - &10 Knees back to center, knees back to right
 - &11 Knees back to center, knees back to right
 - & Knees back to center
 - 12 Rock both knees to right at the same time raise left knee and cross over right thigh
- As you rock your knees you are gradually shifting your body to the right, so when you raise your left knee your weight is on your right foot**
- 13 Step to the left with left foot, with both feet planted firmly in place, rock both knees to the left
 - 14& Knees back to center, rock both knees to left
 - 15& Knees back to center, rock both knees to left
 - 16& While raising right knee over left thigh, rock both knees to left

KICK BALL CROSSES RIGHT & LEFT

- 17 Kick right foot in front
- &18 Right foot back to center, cross left foot over right
- 19 Step right foot to right side
- 20 Touch left foot beside right
- 21 Kick left foot forward
- &22 Left foot to center, cross right foot over left
- 23 Step left with left foot
- 24 Touch right foot beside left

¼ PIVOTS & WALK BACK

- 25 Step forward on right foot
- 26 Make a ¼ turn left
- 27 Step forward on right foot
- 28 Make a ¼ turn left
- 29 Step forward on right foot
- 30 Make a ¼ turn left
- 31 Step back slightly with right foot
- 32 Step back slightly with left foot

REPEAT

