

Thrive

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Henry Costa (USA)
音乐: I Just Wanna Be Happy - Gloria Estefan



HEEL, TOGETHER, HEEL, TOGETHER, TOE, HEEL, POINT & POINT, TOGETHER, POP UP

- 1&2& Right heel tap forward, right next to left, left heel tap forward, left next to right
3-4 Right toe touch forward, right heel down (lean upper body down - like starting to do sit up and bending left knee slightly stating to squat down)
5&6 Point out left to left side, left next to right, point out right to right side
7-8 Right next to left, pop back straight up from squatted down position standing straight up
Helps to bring chest slight out forward to help stand straight. Weight now on left

FORWARD RIGHT, TOUCH & CLAP, BACK LEFT, TOUCH & CLAP, OUT-OUT, HOLD & CLAP, IN-IN HOLD & CLAP

- 1-2 Forward right, touch left next to right and clap
3-4 Back left touch right next to left and clap
&5-6 Right step side right, left step side left (feet shoulder distance apart - weight on left), hold & clap
&7-8 Right step to center, left step to center next to right (feet together - weight on left)

FORWARD, ½ TURN, RIGHT KICK BALL CHANGE, FORWARD, ½ TURN, RIGHT KICK BALL CHANGE

- 1-2 Forward right, ½ turn left (transfer weight to left)
3&4 Kick right forward, step on to ball of right next to left, change weight to left
5-6 Forward right, ½ turn left (transfer weight to left)
7&8 Kick right forward, step on to ball of right next to left, change weight to left

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN

- 1-2 Side right, cross left behind right
3-4 Side right, touch left next to right (weight on right)
5-6 Side left, cross right behind left
7-8 ¼ turn left with left, touch right next to left (weight on left)

REPEAT
