

International Rescue

COPPER KNOB
STEPPSHEETS

拍数: 32 墙数: 2 级数: Intermediate/Advanced
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音乐: In Your Arms (Rescue Me) - Nu Generation



RIGHT BEHIND, RIGHT BEHIND RIGHT, LEFT BEHIND, LEFT BEHIND LEFT

1-2 Step right foot to side, step left behind right
3&4 Step right to side, step left behind right, step right to side
5-6 Step left to side, step right behind left
7&8 Step left to side, step right behind left, step left to side

HEEL SWITCHES, POINT, KNEE ROLL TURN, ROLL STEPS

1&2 Place right heel forward, step right foot next to left, switch left heel forward
&3 Step left foot beside right, touch right toe out to the side
&4 Roll right knee in towards left, pivot $\frac{1}{4}$ turn to right on left foot (weight on left)
5-6 Step right foot forward, slide left foot up to right, rolling body to the left
7-8 Step right foot forward, slide left foot up to right, rolling body to the left

ROCK FORWARD, ROCK BACK, RUNNING HOPS BACK, ROCK FORWARD, ROCK BACK $\frac{1}{4}$ CHA-CHA-CHA

1-2 Rock forward on right foot, rock back on left
&3 Hitch right knee sliding back with left foot, place right foot down
&4 Hitch left knee sliding back with right foot, place left foot down
5-6 Rock forward on right, rock back on left
7&8 Step right foot $\frac{1}{4}$ turn right, step left next to right, step right to side

LEFT STEP PIVOT, LEFT STEP PIVOT, SYNCOPATED JUMP BACK, KNEE ROLLS

1-2 Step forward on left foot, pivot $\frac{1}{2}$ turn right
3-4 Step forward on left foot, pivot $\frac{1}{2}$ turn right (leaving weight on left)
&5 Step back right, step back left
6 Roll right knee in towards left
7 Roll right knee out to right
8 Roll right knee in towards left

REPEAT
