

Don't Turn Off The Lights

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 0 级数:
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音乐: Hella Good - No Doubt



Sequence: AAB throughout

PART A (DONE TWICE EACH WALL)

KICK BALL TOUCH, KICK BALL TOUCH, RIGHT SAILOR LEFT SAILOR

1&2 Kick right foot forward, step right next to left, touch left toe to side
3&4 Kick left foot forward, step left next to right touch right toe to side
5&6 Step right behind left, step left to side, step right to side
7&8 Step left behind right, step right to side, step left to side

SYNCOPATED WEAVE TO LEFT WITH ½ TURN AND CROSS SHUFFLE

1-2-3&4 Cross right over left, step left to side, step right behind left, step left to side(&) cross right over left
5-6-7&8 Step left to side turning ¼ to right, step back right turning ¼ to right cross left over right step right to side cross left over right

STEP TURN ¼ SHUFFLE, ROCK RECOVER ½ TURN SHUFFLE

1-2 Step right to side turning ¼ to left, touch left toe to right toe
3&4 Shuffle forward left right left
5-6 Rock forward on right recover on left
7&8 ½ turn shuffle over right shoulder

ROCK RECOVER SAILOR WITH ¼ TURN, STRUTS WITH HIP BUMPS

1-2 Rock forward on left, recover on right
3&4 Step left behind right step right to side step left forward turning ¼ to left
5&6 Step forward on right toe, right heel while bumping hips right left right
7&8 Step forward on left toe, right toe while bumping hips left right left

PART B (DONE ONCE EACH WALL)

ROCK RECOVER CROSS ROCK RECOVER CROSS ¼ TURN FORWARD SHUFFLE

1&2 Rock to side on right, recover on left, cross right over left
3&4 Rock side on left recover on right cross left over right
5-6 Step forward on right pivot ¼ to left(weight on left)
7&8 Shuffle forward right left right

ROCK RECOVER CROSS ROCK RECOVER CROSS PADDLE TURNS ½ TO RIGHT

1&2 Rock to side on left recover on right cross left over right
3&4 Rock to side on right recover on left cross right over left
&5&6&7&8 Hitch left in place while turning 1/8 over right shoulder

17-64 Repeat three more times