

A Dance For Moms

COPPER **NOB**
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Improver
编舞者: Derek Steele (USA)
音乐: A Song for Mama - Boyz II Men



ROCK, CROSS, STEP

1 Step slightly forward on right to right side
&2 Step left in place, step right across left
3 Step slightly forward on left to left side
&4 Step right in place, step left across right
5 Step slightly forward on right to right side
&6 Step left in place, step right across left
7 Step slightly forward on left to left side
&8 Step right in place, step left across right

FORWARD ROCK, SHUFFLE BACK, TOUCH, TURN, COASTER STEP

9-10 Rock forward on right, replace weight back on left
11&12 Step back right & step together left, step back right
13 Touch left toe back
14 Turn a full turn left on ball of right and transfer weight to left
15&16 Step back right & step together left, step forward right

BACK ROCK, SIDE SHUFFLE, CROSS ROCK, TURN, SHUFFLE

17-18 Rock back on left, replace weight forward on right
19&20 Side step left & step right beside left, side step left
21 Cross rock right 45 degrees across left
22 Recover weight to left prepping left foot for next count
23 Finish ¼ right turn and step forward right
&24 Step together left, step forward right

SHUFFLE FORWARD LEFT, RIGHT, LEFT, STEP, STEP

25&26 Step forward left, step together right, step forward left
27&28 Step forward right, step together left, step forward right
29&30 Step forward left, step together right, step forward left
31-32 Step forward right, step forward left (weight on left)

REPEAT
