

Chrome

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Mike Camara (USA)
音乐: Chrome - Trace Adkins



KNEE HITCHES AND SLAPS

1&2 Step forward left, hitch right knee and slap with right hand, touch right toe next to left
&3 Raise right foot out to right side and slap outside right foot with right hand
&4 Step down on right foot, hitch left knee and slap with left hand, step down on left foot

STAMP RIGHT HITCHES AND SLAPS

5&6 Stamp your right foot, hitch your right knee and slap with right hand, touch right toe next to left
&7 Raise right foot out to right side and slap outside of right foot with right hand
&8 Step down on right foot, hitch left knee and slap with left hand, step down on left foot

HEEL DROPS WITH ¼ TURN

9&10 Lift heels up and down 3 times while you turn ¼ turn to left. (heels go to right)

LEFT SAILOR SHUFFLE

11&12 Step left foot behind right, step on right foot, step left foot next to right

SHUFFLE FORWARD

13&14 Shuffle forward right, left, right

STEP FORWARD PIVOT TURN

15-16 Step forward on left foot pivot ½ turn to right, place weight on right foot

LEFT KICK BALL CHANGE

17&18 Kick left foot out, step down on ball of left foot, step on right foot

CROSS UNWIND

19-20 Cross left foot over right, unwind ½ turn to right, (weight on right foot)

SHUFFLE FORWARD

21&22 Shuffle forward left, right, left

MAMBO

23&24 Step forward on right, step left in place, step back on right

STEP BACK PIVOT TURN SHUFFLE

25-26 Step back on left foot pivot ½ turn to left
27&28 Continue turn to left ½ turn shuffling right, left, right

ROCK BACK AND FORWARD HITCH SLAP KNEE

29-30 Rock back on left foot, rock forward on right foot
31&32 Step on left foot, hitch your right knee and slap with right hand, step down on right foot

REPEAT