

There's Hope

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Johanna Barnes (USA) - May 2008
音乐: There's Hope - India.Arie



(1~8): R SIDE STEP, ROCK-RECOVER, L SIDE STEP, ROCK-RECOVER, R FWD MAMBO, L BACK MAMBO

1 R step to R side*
2 L rock cross behind R
& R recover weight
3 L step to L side*
4 R rock cross behind L
& L recover weight
5 R rock forward
& L recover weight
6 R step back
7 L rock back
& R recover weight
8 L step forward

* angle your body as you take the side steps

(9~16): R TAP ¼ L, R ROCK-RECOVER-CROSS, L ROCK-RECOVER-CROSS, REVERSE TAP-SWIVEL STEPS

& R tap next to L, while making ¼ turn L (face 9:00)
1 R rock to R side
& L recover weight
2 R step across L
3 L rock to L side
& R recover weight
4 L step across R
& R tap next to L
5 R step out R, swivel L heel (L toe L)
& L tap next to R
6 L step out L, swivel R heel (R toe R)
& R tap next to L
7 R step out R, swivel L heel (L toe L)
& L tap next to R
8 L step out L, swivel R heel (R toe R)

(17~24): R WEAVE L, L & R KICK- CROSSROCK- RECOVER, CROSS TRIPLE ¼ L

1 R step behind L
& L step to L side
2 R step across L
3 L kick forward
& L cross step over R
4 R rock back
& L recover weight
5 R kick forward
& R cross step over L
6 L rock back
& R recover weight

7 L step across R
& R step back ¼ L turn (face 6:00)
8 L step back

(25~32): R BACK COASTER STEP, L TRIPLE LOCK-STEP FORWARD, HEEL STRUTS (4 WALKS)*

1 R step back
& L step next to R
2 R step forward
3 L step forward
& R step behind L (or next to)
4 L step forward
5 R heel step forward
& R step down
6 L heel step forward
& L step down
7 R heel step forward
& R step down
8 L heel step forward
& L step down

*** many options for these forward walks/ struts: swivets, Shorty Georges, hitch turns, etc!**

(BEGIN AGAIN!!)
