

Bring It On Cha

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gillian Butler (UK) - October 2008
音乐: Bring It On - Leon Jean-Marie



Start dancing on lyrics

Right Side Shuffle, Rock And Recover, Left Side Shuffle, Rock And Recover

1&2 Step right to side, step left together, step right to side
3-4 Rock left back left, recover to right
5&6 Step left to side, step right together, step left to side
7-8 Rock right back, recover to left

¼ Turn Left, Right Side Shuffle, Rock And Recover, Left Side Shuffle, Rock And Recover

1&2 Turn ¼ left and step right to side, step left together, step right to side
3-4 Rock left back, recover to right
5&6 Step left to side, step right together, step left to side
7-8 Rock right back, recover to left

Right Shuffle Forwards, Rock And Recover, Left Shuffle Backwards, Rock And Recover

1&2 Step right forward, step left together, step right forward
3-4 Rock left forward, recover to right
5&6 Step left back, step right together, step left back
7-8 Rock right back, recover to left

Right Shuffle Forward, Pivot ½ Turn Right, Step Left, Step Right, Dip Down And Up

1&2 Step right forward, step left together, step right forward
3-4 Step left forward, turn ½ right (weight to right)
5-6 Step left forward, step right to side
7-8 Bend both knees (as though sitting), stand up (weight to left)

Repeat
