

Rapika

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Tony Wilson (USA) - August 2010
音乐: Beautiful - Akon, Colby O'Donis & Kardinal Offishall : (CD: Freedom)



32 count in.

SIDE SLIDE HEEL DROPS & HIPS LRL x2

1-2 Long step R to right, slide L toe next to R
3&4 Bump hips LRL with heel LRL drops (L hip out raise R heel, R hip out raise L heel)
5-6 Repeat 1-2
7&8 Repeat 3&4

SIDE, CROSS ¼ TURN, STEP, FULL TURN, WALK

9-10 Step R to right, cross L over R
11-12 Recover on R in place, turning ¼ left step L forward
13-14 Full turn left stepping RL moving forward
15-16 Walk forward RL

MAMBO, SHUFFLE BACK 2x, TOUCH, UNWIND FULL TURN

17&18 Step R forward, recover on L in place, step R next to L
19&20 Shuffle back LRL
21&22 Shuffle back RLR
23-24 Touch L behind R, unwind full turn left weight on L

LINDY RIGHT, WEAWE LEFT

25&26 S ide shuffle RLR,
27-28 Step L behind R, recover on R
29-30 Step L to left, step R behind L
31-32 Step L to left, cross R over L

SIDE, KNEE ROLL, TOUCH HITCH x2

33-36 Step L to left with R toe remaining out to right, clockwise knee roll in out in out
37-38 Touch R toe out to right, hitch R knee across L leg
39-40 Repeat 37-38

CROSS BACK HEEL & CROSS, SIDE, KNEE ROLL

41-42 Step R across L, step back on L
43&44 Touch R heel on right diagonal, step R back, step L across R
45-48 Step R to right with L toe remaining out to left, counter clockwise knee roll in out in out

TOUCH HITCH x2, CROSS BACK HEEL & CROSS

49-50 Touch L toe out to left, hitch L knee across R leg
51-52 Repeat 49-50
53-54 Step L across R, step back on R
55&56 Tap L heel on left diagonal, step L back, step R across L

SIDE SLIDE WITH ¼ TURN, FORWARD ½ TURN, BACK, ¼ TURN

57-58 Step L to left, slide R towards and behind L
59-60 Turning ¼ right step back on R, step forward on L
61-62 Step R forward, turn ¼ right stepping L to side
63-64 Turning ¼ right step back on R leaning back, step R forward into ¼ turn left

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