

Healing

COPPER KNOB
STEPPED

拍数: 32 墙数: 4 级数: Improver
编舞者: Michael Thompson (USA) - December 2010
音乐: Sexual Healing - Marvin Gaye



Start: 16 counts into music after the beat kicks in (start right after the "WOOO")

STEP FORWARD, SWEEP ¼ LEFT, CROSSING TRIPLE, SWAY 4X

1-2-3&4 Step left foot forward, sweep the right foot while turning ¼ left, cross the right foot over left, step left foot to left, cross the right foot over left
5-8 Step left to side and sway hips left, right, left, right

SAILOR LEFT AND RIGHT, POINT FORWARD 2X, TOUCH SIDE, ¼ TURN LEFT

1&2-3&4 Step left foot behind right, step right foot to right, recover back to left, step right foot behind left, step left foot to left, recover back to right
5&6&7-8 Touch left toe forward, step left foot next to right, touch right toe forward, step right foot next to left, touch left toe to left, turn ¼ left, keeping weight back on right

TRIPLE FORWARD, KICK, STEP BACK, BUMP FORWARD, BACK, FORWARD, BACK

1&2-3-4 Step left foot forward, step right foot behind left, step left foot forward, kick right foot forward, step back on right foot
5-8 Bump hips forward, back, forward, back

STEP, 3 MILITARY TURNS, STEP

1 Step left foot forward
2-7 Step right foot forward, turn ¼ left (repeat 3x)
8 Step right foot forward

REPEAT

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