

Belinda

COPPER **NOB**
STEPSHETS

拍数: 64 墙数: 2 级数: Improver
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音乐: Pretty Belinda - Dr. Victor & The Rasta Rebels



Nivo 1-2

Rock step, shuffle, rock back , shuffle

1-2 R.V rock forw. – recover on L.V
3&4 R.V shuffle back
5-6 L.V rock back – recover on R.V
7&8 L.V shuffle back

Rolling vine ,r,l

1-4 R.V rolling vine right / vine to right
5-8 L.V rolling vine left / vine to left

Kickball change 2x, shuffle 2x

1&2 R.V kickball change
3&4 R.V kickball change
5&6 R.V shuffle forw.
7&8 L.V shuffle forw.

Paddle turn ¼ ,2x – hip bumps

1-2 R.V step forw. ¼ turn left
3-4 R.V step forw. ¼ turn left
5-8 R.V step right hips r,l,r,l

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Kickballchange 2x shuffle 2x

1&2 R.V kickball change
3&4 R.V kickball change
5&6 R.V shuffle forw,
7&8 L.V shuffle forw.

Rolling vine, right-left

1-4 R.V rolling vine to right / vine to right
5-8 L.V rolling vine to left / vine to left

½ turn- walk ,r,l – rock step –coaster step

1-2 R,V ½ Turn left
3-4 R.v walk r-l
5-6 R.V rock forw. – recover on L.v
7&8 R.V coaster step

Rock step – ½ shuffle turn – step scuff 2x

1-2 L.V rock forw.- recover on R.v
3&4 L.V ½ turn shuffle left
5-6 R.V step forw. – scuff L.V
7-8 L.V step forw. – R.V scuff