

Super Lovers Dream

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Adrian Helliker (FR) - June 2010
音乐: Super Lover - Lady Gaga



Intro: 16 counts

[1-8] WALK R, WALK L, FORWARD MAMBO, BACK WALK, BACK MAMBO

1-2 Walk forward right, walk forward left
3&4 Rock forward on right, recover weight to left, step back right
5-6 Walk back left, walk back right
7&8 Rock back on left, recover weight to right, step forward left

[9-16] STEP 1/4 TURN, SAILOR CROSS, SAILOR CROSS, SAILOR CROSS

1-2 Right step in front, 1/4 turn left
3&4 Cross right in front left, step left to left side, step right to place
5&6 Cross left in front right, step right to right side, step left to place
7&8 Cross right in front left, step left to left side, step right to place

[17-24] CROSS ROCK, 1/4 TURN LEFT, HOLD, FULL TURN LEFT (TRAVELLING FORWARD), HOLD

1-2 Cross rock left over right., rock back on right
3-4 Make 1/4 turn left stepping forward on left, hold (9 o clock)
5-6 Make 1/2 turn left stepping back on right. Make 1/2 turn left stepping forward on left.
7-8 Step forward on right, hold.

EASY OPTION

5-6 Walk right, walk left
7-8 Step forward on right, hold

[25-32] LEFT MAMBO AND RECOVER, LEFT SHUFFLE BACK, SCISSOR STEPS IN PLACE

1&2 Rock forward on left, recover weight to right, left beside right
3&4 Left shuffle back, (left, right, left)
5&6 Right to right side, left beside right, right cross in front of left
7&8 Left to left side, right beside left, left cross in front of right

RESTART AND ENJOY

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