

# Diet Mountain Dew

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 4                      级数: Easy Intermediate  
编舞者: Irene Tang (HK) - May 2012  
音乐: Diet Mountain Dew - Lana Del Rey : (CD: Born To Die, Deluxe Edition)



Count In: 16 counts

## SEC 1: FWD ROCK, RECOVER, OUT OUT IN IN, TOUCH SWIVEL HITCH, R COASTER

1 – 2                      Rock RF fwd, Recover on LF  
3&4&                      Step RF to R, Step LF to L, Step RF in, Close LF to RF  
5&6&                      Touch RF fwd, Swivel both heels out, Swivel both heels in, Hitch RF up to front  
7&8                      Step RF back, Close LF to RF, Step RF fwd

## SEC 2: SIDE MAMBO X 2, OUT OUT, SWIVEL

1&2                      Rock LF to L, Recover on RF, Close LF to RF  
3&4                      Rock RF to R, Recover on LF, Close RF to LF  
5 – 6                      Step LF slightly fwd out to L, Step RF slightly fwd out to R  
7&8                      Swivel in towards centre: heel – toe – heel, with weight ends on LF

## SEC 3: FWD ROCK, RECOVER, 1/4 SAILOR, FWD ROCK, RECOVER, 1/2 SHUFFLE

1-2                      Rock RF fwd, Recover on LF  
3&4                      Turn 1/4 R stepping RF behind, Step LF next to RF, Step RF fwd (3:00)  
5-6                      Rock LF fwd, Recover on RF  
7&8                      Turn 1/2 L Stepping LF fwd, lock RF behind LF, Step LF fwd (9:00)

## SEC 4: TOE SWITCHES, KICK BALL POINT 1/2, STEP, STEP LOCK, FWD SHUFFLE

1&2&                      Point RF to R, Close RF to LF, Point LF to L, Close LF to RF  
3&4&                      Kick RF fwd, Close RF to LF, Point LF to back, Pivot 1/2 L on ball of RF (3:00)  
5 – 6                      Step LF fwd, Lock RF behind LF  
7&8                      Step LF fwd, Lock RF behind LF, Step LF fwd

**TAG : After Wall 6 (facing back wall), add 4 Count & Restart :**

1 – 4                      Rocking Chair RF-LF-RF-LF

Enjoy the dance & practice on weight changes with the slow music :)

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