

Humanised

COPPERKNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: High Beginner
编舞者: Ingrid Kan (TW) - February 2013
音乐: Humanised (feat. Bajka) - Sola Rosa



[1-8] R Step, L Together, Roll Body ,L Step R Together, Roll Body(with arm movements 3-4,7-8)

1-2 R Big Step to the right side, L Together
3-4 Rolling body a turn to left (raise your arms)
5-6 L Big Step to the left side, L Together
7-8 R Big Step to the right side, L Together (raise your arms)

[9-16] Step Back R-L-R-L (with arm movement)

1-2 R Step Back, L Together
3-4 L Step Back, R Together
5-6 R Step Back, L Together
7-8 L Step Back, R Together

[17-24] R Step L Hitch, L Step R Hitch , ,Big Step, Toe (Heel)Swivel (x3) (Back to center)

1-2 R Step Forward L Hitch
3-4 L Step Forward R Hitch
5-6-7-8 R Big Step to the right side, Swivel heels , Swivel toes , Swivel heels (Back to center)

During wall 6, do 24 counts & Restart (face to 6:00)(note: weight on L)

[25-32] Mambo Forward, Mambo Back, Out Step, Touch Behind, 3/4 Turn

1&2 Rock L forward,(&) Recover to R, Step L back
3&4 Rock R back,(&) Recover to L, Step R forward
5-6 Out Step L-R
7-8 Touch left toe behind right, 3/4 turn to the left (weight on L)

[33-40] Scoot Step R-L, Double Step on R, L Repeat

1-2 Out step on R toward R diagonal, Out step on L towards L diagonal
3&4 Small scoot on R towards R diagonal x2 (make sure weight ends on R)(with hands push up)
5-6 Out step on L toward L diagonal, Out step on R towards R diagonal
7&8 Small scoot on L towards L diagonal x2 (make sure weight ends on L)

(with hands push up)

Restart: During the wal l 6 doing 24 counts & restart (face to 6:00)

Enjoy it!

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