

Cups

拍数: 32 墙数: 4 级数: Beginner
编舞者: June Shuman (USA) - July 2013
音乐: Cups (Pitch Perfect's - When I'm Gone) (Pop Version) - Anna Kendrick : (CD:
More From Pitch Perfect, OST - iTunes)



Intro: 16 counts from start of track (*before the vocals)

HEEL, STEP, HEEL, STEP, HEEL SWITCH 2X, HEEL STEP POINT

- 1-4 Tap right heel forward, step right next to left, Tap left heel forward, step left next To right.
5&6& Tap right heel forward, quickly step right next to left, Tap left heel forward, Quickly step left next to right.
7&8 Tap right heel forward, quickly step right next to left, Point left to left side.

HEEL, STEP, HEEL, STEP, HEEL SWITCH 2X, HEEL STEP POINT

- 1-4 Tap left heel forward, step left next to right, tap right heel forward, step right Next to left.
5&6& Tap left heel forward, quickly step left next to right, Tap right heel forward, Quickly step right next to left.
7&8 Tap left heel forward, quickly step left next to right, point right to right side.

R FORWARD ROCK STEP, COASTER STEP, L FORWARD ROCK STEP, COASTER STEP

- 1-2 Rock right forward, replace weight to left
3&4 Step back on right, quickly step left next to right, Step forward on right
5-6 Rock left forward, replace weight to right
7&8 Step back on left, quickly step right next to left, Step forward on left.

1/2 PIVOT LEFT, TRIPLE FORWARD, 1/4 PIVOT RIGHT, CROSSING TRIPLE

- 1-2 Step forward on right, turn 1/2 left stepping forward on left.
3&4 Step forward on right, quickly step left next to right, step forward on right.
5-6 Step forward on left turn 1/4 right, step weight to right
7&8 Step left over right, quickly step right to right side, Step left over right.

START AGAIN!

* Starting before the vocals prevents tags or restarts, don't worry it gets on track.

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