

Invincible

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: John Robinson (USA), Derek Steele (USA) & Debi Bodven (USA) - August 2013
音乐: Don't Wanna Let You Go - Five : (CD: Invincible / Invincible)



Alt. music: Can't Keep My Hands Off You by ReAct [CD Single]

Start dancing on lyrics

SYNCOPATED KICKS FORWARD (RIGHT THEN LEFT), & RIGHT POINT ACROSS, RIGHT SWEEP INTO HOOK, KNEE SWIVEL, ¼ TURN RIGHT WITH KICK, CROSS-BACK- SIDE WITH LEFT DRAG

- 1&2& Right low kick forward, right step home, left low kick forward, left step home
3-4 Right point across left keeping toe off floor, right sweep in a circle to the right to hook foot behind left knee in a figure 4
5-6 Swivel both knees to left diagonal, turn 3/8 right (toward 3:00 wall) kicking right foot forward
7&8 Cross right over left, left small step back, right large step side right dragging left foot toward right

SAILOR TURN, RIGHT TOE SWEEP TURNING ½ LEFT, RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD & TOGETHER WITH ATTITUDE

- 1&2 Cross left behind right, right small step side right, step left forward into ¼ turn left
3-4 Right toe sweep in a circle to the left starting ½ turn left-right touch next to left finishing ½ turn sweep
5&6 Step right forward, step left forward, instep to right heel, step right forward
7&8 Rock left forward, recover to right-left step home pushing both hands out in front of body with palms facing away from chest while locking knees so pelvis pushes back

Think of counts 7&8 as a "Jamie Marshall attitude move"

SYNCOPATED RIGHT SIDE ROCK & SAILOR STEP, LEFT SAILOR STEP, RIGHT ROCK FORWARD & COASTER WITH RIGHT STOMP, LEFT STOMP

Stay primarily on balls of feet during the next 8 counts.

- 1&2& Right rock side right, recover to left, cross right behind left, step left side
3&4& Step right forward, cross left behind right, step right side, step left forward
5&6& Rock right forward, recover to left, step right back, step left together
7-8 Stomp right forward left stomp next to right

SIDE MAMBO ROCKS (RIGHT THEN LEFT), RIGHT STEP FORWARD, PIVOT ¼ TURN LEFT, HIPS RIGHT, LEFT

- 1&2 Right rock side right, recover to left-right step home
3&4 Left rock side left, recover to right-left step home
5-6 Step right forward, pivot one-fourth left shifting weight to left
7-8 Shift hips/weight right, shift hips/weight left

Styling tip: for attitude, move shoulders with hips on counts 7,8

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