

Marijo Badansa

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Rini Hukom (INA) - 2011
音乐: "Marijo Badansa" by Rhapsody Band



FORWARD 3X, TOE TOUCH, BACK, BUMP 2X

- 1 – 2 Step R forward, Step L forward
- 3 – 4 Step R forward, Touch L toe forward
- 5 & 6 Step back on L and push L hip backward weight onto L, push R hip forward, push L hip backward weight onto L
- 7 & 8 Push R hip forward weight onto R, push L hip backward, push R hip forward weight onto R

BACK 3X, TOE TOUCH, BUMP 2X

- 1 – 2 Step back on L, Step back on R
- 3 – 4 Step back on L, Touch R toe forward
- 5 & 6 Flatten R heel and push R hip forward, push L hip backward, push R hip forward weight onto R
- 7 & 8 Push L hip backward weight onto L, push R hip forward, Push L hip backward weight onto L

BEHIND, SIDE, CROSS, SWEEP, CROSS, SIDE, BEHIND, SWEEP

- 1 – 2 Cross R behind L, Step L to left side
- 3 – 4 Cross R over L, Sweep L out and around from back to front
- 5 – 6 Cross L over R, Step R to right side
- 7 – 8 Cross L behind R, Sweep R out and around from front to back

BEHIND, RECOVER, SHUFFLE, BEHIND, RECOVER, SHUFFLE

- 1 – 2 Cross R behind L, Recover on L
- 3 & 4 Step R to right side, Step L next to L, Step R to right side
- 5 – 6 Cross L behind R, Recover on R
- 7 & 8 Step L to left side, Step R next to L, Step L to left side

V. TURN ¼ , CLOSE, STEP, TOE TOUCH, TURN ¼ , CLOSE, TURN 1/4 , TOE TOUCH

- 1 – 2 Turn ¼ right step R forward, Step L next to R
- 3 – 4 Step R in place, Touch L toe in place and push L hip up at the same time
- 5 – 6 Turn ¼ left step L in place, Step R next to L
- 7 – 8 Turn ¼ left step L in place, Touch R toe in place and push R hip up at the same time

VI. TURN ¼ , CLOSE, TURN ¼ , TOE TOUCH, TURN ¼ , CLOSE, TURN 1/4 , TOE TOUCH

- 1 – 2 Turn ¼ right step R in place, Step L next to R
- 3 – 4 Turn ¼ right step R in place, Touch L toe in place and push L hip up at the same time
- 5 – 6 Turn ¼ left step L in place, Step R next to L
- 7 – 8 Turn ¼ left step L in place, Touch R toe in place and push R hip up at the same time

Contact: astarienrini@yahoo.co.id