

She Moves

COPPER **KNOB**
BY STEPHEN T. C.

拍数: 32 墙数: 4 级数: Improver
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音乐: She Bangs - Ricky Martin



Intro: 32 Count

I. SIDE – BACK ROCK – FORWARD LOCK STEP – ¼ TURN R FORWARD – ½ TURN L BACK – BACK LOCK STEP

1 2 Step LF to side – step RF behind LF
3 Recover on LF
4 & 5 Step RF forward – Step lock LF behind RF – Step RF forward
6 7 Turn ¼ L Step LF forward – Turn ½ L Step RF back
8 & 1 Step LF back – Step lock RF over LF – Step LF back

II. CLOSE – FORWARD – MAMBO CROSS R & L – PIVOT ¼ L FORWARD

2 3 Close RF beside LF – Step LF forward
4 & 5 Step RF to side – Recover on LF – Step across RF over LF
6 & 7 Step LF to side – Recover on RF – Step across LF over RF
8 & 1 Step RF forward – turn ¼ L recover weight on LF – Step RF forward

III. FORWARD ROCK – COASTER STEP – FULL TURN FORWARD – FORWARD LOCK STEP

2 3 Step LF forward – Recover on RF
4 & 5 Step LF back – close RF beside LF – Step LF forward
6 7 Turn ½ L Step RF back – Turn ½ L Step LF forward
8 & 1 Step RF forward – Step lock LF behind RF – Step RF forward

IV. FORWARD ROCK – SAILOR ¼ L – KICK BALL SIDE – CROSS ROCK

2 3 Step LF forward – Recover on RF
4 & 5 Turn ¼ L Step LF back – close RF beside LF – Step LF forward
6 & 7 Kick RF forward – Step RF beside L – touch LF toe to side
8 & Step across LF over RF – Recover on RF

TAG I : AFTER WALL 6 AND 11

TAG II : AFTER WALL 13

TAG I : SIDE – BACK ROCK – SIDE – PIVOT ½ R 2X

1 2 Step LF to side – step RF behind LF
3 4 Recover on LF – Step RF to side
5 6 Step LF forward – Turn ½ R recover weight on RF
7 8 Step LF forward – Turn ½ R recover weight on RF

TAG II : SIDE – BACK ROCK – SIDE

1 2 Step LF to side – step RF behind LF
3 4 Recover on LF – Step RF to side

Keep on dancing... have fun..

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