

Run The Show

COPPER **KNOB**
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Sobrielo Philip Gene (SG) - 2013
音乐: Run The Show (feat. Shaka Dee) - Kat Deluna : (CD: 9 Lives - iTunes)



Start on vocals

MAMBO FORWARD, ½ TURN, ½ TURN BACK, SAILOR STEP

1&2 Rock right forward, recover to left, step right together
3&4 Rock left forward, recover to right, step left together
5&6 Step right forward, turn ½ left (weight to left), turn ½ left and step right back (sweep left back)
7&8 Rock left back, recover to right, step left side

SIDE ROCK TOUCH, SIDE SHUFFLE, WEAVE

1&2 Rock right side, recover to left, touch right together
3&4 Chassé side right-left-right
5&-6& Cross left over, step right side, cross left behind, step right side
7&8 Cross left over, step right side, cross left behind

SIDE ROCK TURN ¼ LEFT, STEP ¼ TURN, HEEL BOUNCE WITH HIP ROLL

1-2 Step right side, turn ¼ left and step left in place
3-4 Turn ¼ left and step right side, step left side (feet apart)
5-6 Bounce heel twice (slow)
7&8& Bounce heel four times (fast)

When doing the heel bounce roll hip to the left

SIDE SHUFFLE, SAILOR ¼ TURN STEP, HEEL SWIVEL

1&2 Chassé side right-left-right
3&4 Cross/rock left behind, turn ¼ left and step right forward, step left together (weight on both feet)
5& Swivel heels right, swivel toes right
6& Swivel heels left, Swivel toes left
7& Swivel heels right, swivel toes right
8& Swivel heels left, swivel toes to left (weight on left)

REPEAT

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