

Listen To My Own Advice

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Improver
编舞者: Sebastiaan Holtland (NL) - February 2014
音乐: Little Me (Unplugged) - Little Mix : (Album: Salute - Deluxe Edition)



Start dancing at (15 sec)(Nightclub motion)

½ Diamond Fallaway L 2x.

8&1 Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.
2&3 Turn 1/8 left (9) step Rt back, step Lt to the left, step Rt fwd.
4&5 Step Lt fwd, turn 1/8 left step Rt to the right, step Lt back.
6&7 Turn 1/8 left (6) step Rt back, step Lt to the left, step Rt fwd.

Contra Body Check Fwd, Recover, Sweep L, Behind, Side, Step, ½ Pivot L, ½ L, Back, ¼ L, Side.

8&1 Check Lt fwd (contra body), recover on Rt, sweep Lt from front to back.
2&3 Step Lt behind Rt, step Rt to the right, step Lt slightly fwd.
4-5 Step Rt fwd, turn ½ left (12) take weight onto Lt.
6-7 Turn ½ Rt left (6) step Rt slightly back, turn ¼ left (3) step Lt to the left.

Back Rock, Recover, Side, Back Rock, Recover, Side, Side Rock, Recover ¼ L, Sweep R, Cross Rock, Recover, Side.

8&1 Rock Rt Back, recover on Lt, step Rt to the right.
2&3 Rock Lf back, recover on Rt, step Lt to the left.
4&5 Rock Rt to the right, turn ¼ left (12) recover on Lf, sweep Rt from back to front.
6&7 Rock Rt across Lt, recover on Lt, step Rt to the right.

Runs Fwd L-R-L, Walks Back R-L, Back, ½ L Runs Fwd L-R, Hip Sway L, Hip Sway R.

8&1 Stepping Lt fwd, stepping Rt fwd, stepping Lt fwd.
2-3 Walk Rt back, walk Lt back.
4&5 Step Rt back, turn ½ left (6) stepping Lt fwd, stepping Rt fwd.
6-7 Sway L hips to left, sway R hips to right.

Start again and have fun!

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