

The Way That You Move

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: This Is, by Zack Fraley



16 count intro

[1-8] Rock Forward Recover, Touch Back 1/4 Turn, Cross and Cross, Rock, Recover, Behind 1/2 Turn

- 1&2 Rock forward on the right foot, Recover weight back to left, Touch right toe back
3 4& Make 1/4 turn right putting weight onto right foot, Cross left foot over right, Step right foot to right side
5 6 Cross left foot over right foot, Rock right foot to right side
7 8& Recover weight onto left foot, Step right foot behind left while starting 1/2 turn right, Finishing 1/2 turn Step left put in place (9 o' Clock)

[9-16] Rock Recover, Behind Side Cross, Walk Walk, Forward, Back Cross

- 1 2 Rock right foot to right side, Recover weight onto left (Styling: Lower body into the rock coming back up on the recover)
3&4 Step right foot behind left foot, Step left foot to left side, Cross right foot over left
5 6 Walk forward Left, Right
7&8 Step left foot forward, Step right foot in place, Step left foot back crossing over right foot

[17 - 24] 1/4 Turn. 1/4 Turn. Hook Full Turn, Touch and Step, Touch and Step

- 1&2 Step right foot back making 1/4 turn left, Step left foot forward making 1/4 turn, Step right foot forward
3 4 Hook left leg behind right while starting a full turn to left, Finish full turn ending weight on the left foot
5 6 Touch right toe forward, Step down on right foot
7 8 Touch left toe forward, Step down on left foot

[25-32] Step Pivot, Walk Walk, Skate or Shake While making a 1/2 Turn

- 1 2 Step right foot forward, Make 1/2 turn weight ending on left foot
3 4 Walk Right, Left
5 6 Skate right, Left While slowly starting a 1/2 turn
7 8 Skate right, Left while finishing the 1/2 turn

REPEAT