

Tell Me Everyting's Alright

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) - September 2014
音樂: Dear Future Husband - Meghan Trainor : (Album: Title - EP 2014)



#8 count intro after the vocals, Start dancing at (21 sec)(No Tags, No Restarts).

Sec 1. 1-8: Side, Right Heel & Toe Swivel L, Hitch, ½ L, Hitch, ¼ L, Hitch.

1-4 Step Lt to the left, swivel R heel left, swivel R toe left, lift R knee up.

(Weight remains on Left during right heel/toe swivels).

5-8 Turn ½ left (6) step Rt replace, hitch L knee up, turn ¼ left (3) step Lt replace, hitch R knee up.

Sec 2. 9-16: Fwd Rock, Recover, Side Rock, Recover, Behind, ¼ L, Side, Step, Hold.

1-4 Rock Rt fwd, recover on Lt, rock Rt to the right, recover on Lt.

5-8 Step Rt behind Lt, turn ¼ left (12) step Lt to the left, step Rt slightly fwd, Hold.

Sec 3. 17-24: Side, Touch, Side Lunge, Hold, ½ Triple L, Hold.

1-4 Step Lt to the left, touch Rt next to Lt, lunge Rt to the right, Hold.

5-8 Triple ½ left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf, Hold.

Sec 4. 25-32: Walk ¾ Circle To L with Holds.

1-4 Turn ¼ left (3) walk Rt fwd, Hold, turn ¼ left (12) walk Lt fwd, Hold.

5-8 Turn ¼ left (9) walk Rt fwd, Hold, walk Lt fwd, Hold.

Sec 5. 33-40: Hip Bumps R-L, L Elvis Knee, Hold, Hip Bumps L-R, R Elvis Knee, Hold.

1-4 Step Rt slightly to the right bump R hip to right, bump L hip to left, replace pop L knee in, Hold.

5-8 Bump L hip to left, bump R hip to right, replace pop R knee in, Hold.

Sec 6. 41-48: Syncopated Rumba Box L, Hold, Syncopated Rumba Box R, Hold.

1-4 Step Rt to the right, step Lt next to Rt, step Rt slightly fwd, Hold

5-8 Step Lt to the left, step Rt next to Lt, step Lt slightly back, Hold.

Sec 7. 49-56: Side Jump, Hold R-L,

&1-2 Small jump to the right on Rt, touch Lt next to Rt, Hold.

&3-4 Small jump to the left on Lt, touch Rt next to Lf, Hold.

5-8 Step Rt out to right, step Lt out to left, turn ¼ left (6) rock Rt back, recover on Lt.

Sec 8. 57-64: Point Fwd, Knee Roll R, Point Fwd, Knee Roll L, Fwd Rock, Recover, Side, Touch.

1-4 Point Rt fwd, R knee roll (CW) weight ending Rt, point Lt fwd, L knee roll (CCW) weight ending Lt.

5-8 Rock Rt fwd, recover on Lt, step Rt to the right, touch Lt next to Rt.

Start Again and have fun!

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