

Frenesi (Frenzy)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Amy Yang (TW) - December 2014
音樂: Frenesi(Frenzy) – Cliff Richard



Intro : 20 counts - No Tag, No Restart

Sec . 1: SIDE, TOGETHER, FORWARD, TOUCH, FULL ROLLING TURN, POINT

1 - 4 Step RF to R, Step LF together, Step RF forward, Touch LF together and hip bumps
5 - 8 1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn stepping Lf to L,
Point RF to R

Sec . 2: SIDE, TOGETHER, SIDE CHASSE, CROSS, RECOVER, 1/4 TURN L SHUFFLE

1 - 2 Step RF to R, Step LF together
3 & 4 Step RF to R, Step LF together, Step RF to R
5 - 6 Cross LF over RF, Recover onto RF
7 & 8 1/4 turn L step forward on LF, Lock RF behind LF, Step LF forward (09:00)

Sec . 3: FORWARD, LOCK, FORWARD SHUFFLE, FORWARD, RECOVER, 1/2 TURN FORWARD SHUFFLE

1 - 2 Step RF forward, Lock LF behind RF
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 6 Step LF forward, Recover onto RF
7 & 8 1/2 turn L stepping forward on LF, Lock RF behind RF, Step LF forward (03:00)

Sec. 4: WALK FORWARD(R,L), FORWARD SHUFFLE, FORWARD, RECOVER,

1 - 2 Step RF forward, Step LF forward
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 8 Step LF forward, Recover onto RF, Big step back on LF, Drag RF to LF

Start Again

Have Fun & Happy Dancing!

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