

Rock That Body

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
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音樂: Rock That Body - Black Eyed Peas : (Funk)



#48 Counts intro from the beginning.

(1-8) 2x Walk, Side Rock Right, Step forward, Side Rock Left, Step together weight switch

1 -2 Walk forward on Right foot, Walk forward on Left foot,
3 - 4 Step Right foot to Right side, Recover on Left foot,
5 - 6 Step forward on Right foot, Step Left foot to Left side,
7 - 8 Recover on Right foot, Step Left foot beside Right and switch weight on to Left foot.

(9-16) 3x Walk backwards, Kick Left forward, Slow Coaster Step, Hold

1 - 2 Walk backwards on Right foot, Walk backwards on Left foot,
3 - 4 Walk backwards on Right Foot and Kick Left foot forward,
5 - 6 Step back on Left foot, Step Right beside Left,
7 - 8 Step forward on Left foot, and Hold.

(17-24) Chasse Right, Heel touch, Stomp, Weave With a ¼ turn Left.

1 & 2 Step Right foot to Right side, Step Left foot beside Right foot, Step Right foot to Right side,
3 - 4 Touch Left heel diagonally forwards, Stomp Left foot down, taking weight on left foot,
5 - 6 Cross Right foot over Left, Step Left foot to Left side,
7 - 8 Cross Right foot behind Left foot, Make a ¼ turn Left stepping forward on Left. (09.00)

(25-32) Rocking Chair, ½ Pivot Turn, 2x Walk.

1 - 2 Step forward on right foot, Recover weight on Left foot.
3 - 4 Step back on Right foot, Recover weight on Left foot.
5 - 6 Step forward on Right foot, Make a ½ turn left taking weight on left foot, (03.00)
7 - 8 Walk forward on Right foot, Walk forward on Left foot.

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