

Keep It Alight

COPPER **KNOB**
BY STEPHEN

拍數: 16 牆數: 2 級數: Improver
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音樂: Holdup the light BY Michael Jackson



RF: right foot; LF: left foot; RT: right toes; FT: left toes; RH: right heel; LH: left heel; RK: right knee; FK: left knee;

RP: right palm; FP: left palm; FT: feet together; LA: legs apart; WoRF: weight on RF; WoLF: weight on LF

INTRODUCTION: START WITH MUSIC UNTIL LYRICS START – GLIDING BACK, HOLD; GLIDING FORTH, HOLD

Bend knees, bend body forward

GLIDE STEPS BACK (MOON WALK)

- 1 LT touches RH, RH down/on LT
- 2 Glide RF back, maintaining body bended forward, switch (LH down/on RT)
- 3, 4 Glide LF back, FT, hold

GLIDE STEPS FORWARD

- 1 LT touches RH, RH down/on LT
- 2 Glide RF forward, maintaining body bended forward, switch (LH down/on RT)
- 3,4 Glide LF forward, FT, hold

SECTION I: VINE RIGHT, HOLD

- 1, 2, 3, 4 RF side right, LF behind, RF right

SECTION II: RUMBA BOX, HOLD

- 1 RF right
- 2 LF near right
- 3, 4 RF behind , hold

SECTION III: VINE LEFT, HOLD

- 1, 2, 3, 4 LF side left, RF behind, LF left, hold

SECTION IV: ½ TURN RIGHT, HOLD , HOLD

[HHTTTPS://WWW.YOUTUBE.COM/WATCH?V=ZCZEFS9ZT9E](https://www.youtube.com/watch?v=ZCZEFS9ZT9E)ANDS UP

- 1, 2 RF behind, ¼ turn right
- 3, 4 ¼ turn right, hold, while holding your hands up high!

CONCLUSION: WHEN LYRICS STOP, GLIDE AGAIN UNTIL THE END (IDEM INTRODUCTION)

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