

# In Motion

**COPPER** **NOB**  
BY STEPHENETS

拍數: 32      牆數: 0      級數: Intermediate  
編舞者: Rémi Lemaire (FR) - December 2015  
音樂: In Motion - Jon Ali



Note : □ Tag at the end of 8 Wall

## [1-8] □ STEP BACK TWICE - COASTER STEP - BALL STEP - STEP 1/4 TURN - SAILOR STEP 1/4 TURN

1-2            Step Back R, step back L  
3&4            Coaster Step R  
&5-6          Step L next to R, step forward on R, Step L to L side with 1/4 turn to R  
7&8            Sailor Step R in 1/4 turn on R

## [19 – 16] UNWIND 3/4 TURN WITH SWEEP - CROSS - SIDE - BEHIND - SIDE - ROCK WITH 1/4 TURN - STEP 1/4 - CROSS BEHIND

1-2            Unwind 3/4 turn to L with sweep R  
3-4            Cross R over L, Step L to L  
5&            Cross R behind L, Step L to L  
6&7           Cross Rock Step R over L (6&), Step R in 1/4 turn to R (7),  
&8            Poser L to L in 1/4 turn to R, Cross R behind L

## [17-24] □ STEP SIDE - ROCK FWD - SWEEP - SAILOR STEP - SAILOR STEP 1/4 TURN R - HALF TURN R - L

&1-2          Step L to L, Rock Step R forward, Sweep R from forward to backward  
3&4            Sailor Step R  
5&6            Sailor Step L in 1/4 to R  
7-8            Step forward on R in 1/2 turn to R, Step back on L with 1/2 turn to R

## [25-32] □ COASTER STEP - STEP FWD TWICE - MAMBO 1/2 TURN - PADDLE TURN 1/4 TURN TWICE

1&2            Coaster step R  
3-4            Step forward on L, Step forward on R  
5&6            Mambo L forward, Step L forward in 1/2 turn to L  
7-8            Touch R to R with 1/4 turn to L, Touch R to R with 1/4 turn to L

**TAG: At the end of 8th wall add 4 count :**

## [1-4] □ IN IN - OUT OUT - IN IN - BOUNCE

&1            Step R next to L, Step L next to R  
&2            Step R to R side, Step L to L side  
&3            Step R next to L, Step L next to R  
&4            Bounce

Have fun

Contact : [www.remilemaire.webnoe.fr](http://www.remilemaire.webnoe.fr) - [r.linedancer@gmail.com](mailto:r.linedancer@gmail.com)