

My Destiny

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 4
編舞者: Sally Hung (TW) - December 2015
音樂: Choi Sung - How Friggin Good

級數: Phrased Intermediate



Sequence of dance:

Tag after finishing S4 of Wall 2 (6:00), then Restart

Restart after finishing S4 of Wall 4 (12:00)

Tag after finishing S4 of Wall 6 (6:00), then Restart

Intro: 32 counts from heavy beat

Tag (4 counts) Rocking chair

1,2,3,4 Rock fwd on R, recover onto L, rock back on R, recover onto L

S1. SIDE, CLOSE, CROSS SHUFFLE, SIDE, ¼ TURN R JUNMP & FLICK, FWD SHUFFLE

1,2,3&4 Step R to the R, step L next to R, cross shuffle on RLR

5,6,7&8 Step L to the L, ¼ turn R jump R fwd with L flick, fwd shuffle on LRL

S2. JAZZ BOX, TRIPLE ½ TURN L, BACK ROCK, RECOVER

1,2,3,4 Cross step R over L, step back on L, step R to the R, step fwd on L

5&6,7,8 ¼ turn L stepping R to R, ¼ turn L stepping L next to R, step back on R, rock back on L, recover onto L

S3. DIAGONAL FWD LOCK STEP, FLICK, DIAGONAL FWD LOCK STEP, FLICK

1,2,3,4 Diagonally step fwd on L, lock R behind L, step fwd on L, flick R

5,6,7,8 Diagonally step fwd on R, lock L behind R, step fwd on R, flick L

S4. ROCKING CHAIR, HEEL GRIND, COASTER STEP

1,2,3,4 Rock fwd on L, recover onto R, rock back on L, recover onto R

5,6,7&8 Grind L heel fwd, step R to R side, step back on L, step R next to L, step fwd on L

S5. SIDE CLOSE, BACK SHUFFLE, SCISSOR STEP X2

1,2,3&4 Step R to R side, step L next to R, back shuffle on RLR

5&6,7&8 Step L to L side, close R beside L, cross step L over R, step R to R side, close L beside R, cross step R over L,

S6. SIDE CLOSE, FWD SHUFFLE, CROSS SAMBA, ¼ TURN L CROSS SAMBA

1,2,3&4 Step L to L side, step R next to L, fwd shuffle on LRL

5&6,7&8 Cross R over L, rock L to L side, recover on R, ¼ turn L crossing L over R, rock R to R side, recover on L

S7. SIDE ROCK, RECOVER, CROSS SHUFFLE, STEP PIVOT ¼ TURN R, FWD SHUFFLE

1,2,3&4 Rock R to R side, recover onto L, cross shuffle on RLR

5,6,7&8 Step fwd on L, Pivot ¼ turn R, fwd shuffle on LRL

S8. WALK FWD R-L-R, POINT WITH HIP BOMP, WALK BACK L-R-L, POINT WITH HIP BOMP

1,2,3,4 Step fwd on R, step fwd on L, step fwd on R, touch L a little fwd with hip bomp

5,6,7,8 Step back on L, step back on R, step back on L, touch R in place with hip bomp

HAPPY DANCING!

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